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The Quincy Sun



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FIREFIGHTERS FRIEND — Firefighters from Engine #4 in Wollaston receive some support from Junior Firefighter Tommy Maloney who spotted a small dumpster fire on Adams Street Sept. 24th and called it in. Thanking Tommy are firefighter Stephen Chencharik (left) and Firefighter Dan Kennedy (right) after the fire was put out.

Photo Courtesy Loretta Prendeville

Council OKs New Ward, Precinct Lines

To Take Effect Starting 2022

By SCOTT JACKSON

City councillors on Monday unanimously approved a new ward and precinct map for Quincy, which will take effect starting next year.

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**Precinct
Boundaries
Map On
Pages 18-19**

State Anticipates Generals Bridge Open By Year's End

By SCOTT JACKSON

State officials anticipate the new Generals Bridge in Quincy Center will be open to traffic by the end of the year.

The Massachusetts Department of Transportation is responsible for constructing the new bridge and re-

lated improvements being made to Burgin Parkway. Kristen Pennucci, the agency's communication director, said the bridge and roadway should be completed in the coming months.

"MassDOT anticipates that the Generals Bridge and

Cont'd On Page 15

Grenham Park, Playground Rededication Ceremony Saturday

*Quincy Soldier To Posthumously
Receive High School Diploma*

The Quincy Veterans Council will conduct a rededication ceremony of the SGT Lawrence A. Grenham memorial playground and park located on Macy Street in Houghs Neck at 11 a.m. on Saturday, Oct. 9.

Larry Grenham grew up in Houghs Neck and played many times in the very playground that now bears his name. SGT Grenham left Quincy High School midway through the 11th grade in 1966 to volunteer for service in the United States Army. Larry quickly rose through the ranks attaining the rank of Sergeant at the age of just 20.

On the night of March 17, 1968, while serving as an Infantryman with the Army's illustrious Ameri-

cal Division, SGT Grenham was killed in action by enemy fire near Chu Lai, Republic of Vietnam.

The Quincy Park Department recently completed multiple improvements to the playground and park, to include a large stone with bronze plaque honoring Grenham.

Due to his untimely death in service to our nation SGT Grenham was never able to complete the requirements for his high school diploma. The Quincy Veterans Council will also posthumously award SGT Grenham's family his Quincy High School diploma on behalf of the Quincy Public Schools during the rededication ceremony.





SGT Lawrence A. Grenham

11th Light Infantry Brigade, 23rd Infantry - Americal Division

United States Army

Born October 2, 1947

Killed in Action March 17, 1968

Chu Lai, Republic of Vietnam

Larry Grenham lived in Houghs Neck as a youth and played many times in this very playground. Upon leaving Quincy High School in 1966, he immediately volunteered for service in the United States Army. On the night of March 17, 1968, while conducting a perimeter defense mission SGT Grenham was killed in action by enemy fire. SGT Grenham's service and sacrifice to our nation will never be forgotten.



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Firefighters Undergo Survival Training - Page 11

More Quincy news:
The Quincy Sun.com



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Strengthening Your Neck

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Most people are unaware of how much their head weighs and what effect this 16-hour per day weight has on their neck muscles, shoulders, upper back, and overall posture. The weight of our head is between 12 and 16 pounds, which is largely supported by our neck muscles whenever we are not lying down. As we age, our neck muscles gradually become weaker due to muscle loss (sarcopenia), and our neck vertebrae gradually become less dense due to bone loss (osteopenia). Consequently, most adults become less able to maintain their head in a desirable upright position, and eventually experience a head-forward, head-downward, rounded-shoulder, curved-back posture that may result in progressive discomfort, as well as difficulty looking forward, swallowing, speaking, and even breathing normally. These are important reasons to perform regular neck strengthening exercises, as doing so may prevent or reverse poor posture, as well as reduce the risk of head and neck inju-

ries from falls or automobile accidents. Quite simply, unless we strengthen our neck muscles, they, as well as our cervical bones, gradually become weaker, less functional, and more injury prone.

Neck Strength Research

In one study, we assessed middle-aged adults' neck strength just prior to 9:00 AM (before they went to the office). Several days later, we again assessed these individuals' neck strength just after 5 p.m. (after spending the day at the office). Simply holding their heads up while sitting at their desks reduced their neck strength by more than 40 percent. This was a much larger strength loss than we expected from 8 hours of sedentary behavior, and a clear indicator that the neck muscles are working even when we are essentially physically inactive.

Later, we conducted a 14-week strength training study with senior living residents at John Knox Village, a large residential facility in Orange City, Florida. The basic and brief strength training program consisting of five resistance machine

exercises (leg press, triceps press, compound row, low back, and neck flexion/extension), that were performed for one just set of 8 to 12 repetitions, two days each week. In addition to rebuilding four pounds of muscle, reducing three pounds of fat, increasing their leg strength by 80 percent, and increasing their upper body strength by 40 percent, the study participants experienced better posture, less forward-downward head positioning, and less neck-shoulder-upper back discomfort. Strengthening the neck extensor and flexor muscles enabled these older individuals to look better, to feel better, and to perform better in essentially all of their daily living activities, as determined by the standard, nurse-administered, functional independence assessment.

Neck Strength Personal Experience

A couple years ago, one of our Quincy College professors joined our fitness center fitness program to improve his blood pressure, blood cholesterol, and blood sugar levels. He success-

fully reduced these important cardiovascular risk factors, and he also recounted some unexpected benefits from performing our recommended neck, shoulder, and upper back strengthening and stretching exercises. In his words, "I became very mindful of my tendency to look down at the floor, and since incorporating the shoulder and neck exercises suggested, within a few weeks I was very much aware of my improvements and began to appreciate the benefits of an upright position. Plus, I am astonished that noticeable development is still possible in a person over age 70."

Considerations for Improving Neck Strength and Function

- Develop an awareness of your head and shoulder posture.
- Strengthen the typically weaker muscles of the neck, rear shoulders, and upper back.
- Stretch the typically tighter muscles of the front shoulders and chest.
- Use resistance machines, free-weights, or elastic bands for strengthening exercises.
- Perform each exercise in a slow and controlled manner.
- Do 1 set or 2 sets of each strength exercise, using a resistance that fatigues the target muscles within 8 to 12 repetitions.
- When 12 repetitions

are completed with correct technique, increase the exercise resistance by a small amount.

Recommended Strength Exercises

Nautilus Neck Machine

This well-designed training tool is available at some fitness facilities and senior living centers, and is specifically designed to strengthen both the neck extensor muscles and the neck flexor muscles. It is best to receive careful instruction from a competent fitness instructor before using this excellent and effective resistance machine.

Free-Weight Shoulder Shrug

This simple neck strengthening exercise is highly productive, but must be performed properly using either a barbell or two dumbbells. Stand straight/tall with your feet about shoulder-width apart. Hold the barbell or dumbbells with both hands and keep your arms straight. Without bending your elbows or wrists, raise the weight a few inches by elevating your shoulders as high as comfortable in a slow shrugging movement. Pause momentarily in the top position, and lower the free-weights slowly to the bottom position. Maintain an erect head position and posture, as well as straight arms, throughout every repetition.

Resistance Band Shoulder Shrug

The resistance band shrug is performed in exactly the same manner as the



WAYNE WESTCOTT

free-weight shoulder shrug. Simply place the middle of the elastic band under your feet, and hold the band handles so that the both sides of the band are taught in the bottom position.

Recommended Flexibility Exercise Door Chest Stretch

Tight chest muscles can contribute to both rounded shoulders and a downward/forward head posture. With one foot front and one foot back, place both arms at a 90-degree angle against an open door frame. Gently shift your weight forward to stretch your chest and front shoulder muscles. At the end point of each stretch, squeeze your shoulder blades together and pause for a few seconds.

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks.

Wayne can be reached at 617-405-5978 or at wwestcott@quincycollege.edu.

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Research Data: More Consumers Plan To Trick Or Treat Vs. Halloween 2020

Delta Dampens Pace, But Behaviors Slowly Move Toward Pre-Pandemic Levels

Numerator, a data and tech company serving the market research space, has launched a new holiday sentiment study showing incremental progress towards pre-pandemic behavior even as the Delta variant slows expectations. 2021 survey responses are compared with a separate 2020 holiday survey of consumers who self-identified as having shopped for previous fall and winter holidays.

Key findings include:

- Consumers expect reduced COVID impacts to Halloween plans. While the percentage of consumers expecting the pandemic to affect their Halloween plans remains similar to last year (71% of consumers in 2021 vs 73% in 2020), the number expecting a significant impact has plummeted. This year, 16% expect a significant impact, vs 40% of con-

sumers for Halloween 2020.

• More people plan to trick or treat this year. While trick or treating plans remain down compared to pre-pandemic years, 29% of consumers say they will trick or treat in 2021, up from 25% in 2020.

• Consumers are feeling more festive, though not ready for a return to typical Halloween gatherings. Halloween decorations are up in 2021, with 47% of consumers planning to purchase this year, compared to 41% of consumers in 2020.

o Halloween gatherings and parties continue to see declines as concern over the Delta variant lingers. This year, one-third (33%) of consumers say they will gather with family and friends on Halloween, down from 43% in typical years.

• Halloween spending is on the rise in 2021. Twen-

ty-one percent of consumers say they plan to spend more on Halloween 2021 than pre-pandemic years, compared to 6% who said the same for Halloween 2020. 15% say they plan to spend less on Halloween 2021, compared to nearly half (49%) of consumers for Halloween 2020.

• Planned candy purchases approach pre-pandemic levels. Eighty-four percent of consumers plan to buy candy or snacks for their Halloween celebrations, down slightly from 90% in typical years.

o The majority of Halloween candy buyers (64%) say they plan to buy the same amount of candy as they do in typical years. 17% say they plan to buy more, and 19% plan to buy less candy.

o Consumers are more

Cont'd On Page 4

North Quincy Restaurant Granted Liquor License

Taipei Cuisine Restaurant, 68 Billings Rd.

By SCOTT JACKSON

City officials recently granted a liquor license to an existing Chinese restaurant in North Quincy.

The Board of License Commissioners awarded the all-alcoholic beverages license to Taipei Cuisine Restaurant, located at 68 Billings Rd., during its meeting on Sept. 28.

Robin Cao, who spoke on behalf of manager Jin Xia Li at the meeting, said the 1,450-square-foot restaurant has been open since 2014 and is a family restaurant.

"It's been and always been a family restaurant,"

he said.

Cao said Li was seeking the liquor license to generate additional revenue for the restaurant, which has taken a financial hit amid the coronavirus pandemic.

"It's been going on pretty well until COVID hit recently and the profit has been damaged quite a bit including a closure and everything. We obliged with a lot of the COVID protocols," Cao said.

"We would like to apply for a full license of the alcohol to add a little more revenue to the business."

Moving forward, he said alcoholic beverages would

be available for those dining at the restaurant but there will be no bar service.

"People can have beverages when they are dining at a table," Cao said. "We won't have any bars in the restaurant."

The restaurant's request was approved by the board in a unanimous vote. Police Chief Paul Keenan said his department's liquor inspector, Lt. Peter Turowski, would visit the restaurant to review the guidelines for selling alcoholic beverages and possibly offer TIPS training to employees.

"Good luck," Keenan added.



QUINCY AMERICAN LEGION Post 95 recently celebrated its 101st birthday. Ward 2 Councillor Anthony Andronico (left) and Councillor at-Large Nina Liang (right) presented a City Council commendation to Past Commander Fred McCray (second from left) and Commander Gene Prorok in recognition of the birthday milestone and "in appreciation of their dedication to enhancing the well-being of our local veterans, their families, our military and our community."

Courtesy Photo

Norfolk Republican Committee Sponsoring Nationally Known Speaker On CRT Oct. 7

The Norfolk County Republican Committee is sponsoring a public discussion led by William Jacobson on the impact of Critical Race Theory (CRT) on American education and culture. The presentation will be held Thursday, Oct. 7 at 7 p.m. at the American Legion Post 18, 155 Eastern Ave., Dedham.

Suggested donation is \$20 which includes light refreshments.

Tickets may be purchased on-line at www.Facebook.com/NorfolkCountyRepublicans or at the door in cash.

CRT has burst into the public consciousness recently as several long-held tenets about historical race relations in America have been called into question, resulting in many local schools changing their history and social studies curriculum and many business and government offices changing their employment practices.

Jacobson is a clinical professor of law and director of the Securities Law Clinic at Cornell Law School. He is a 1984 graduate of Harvard Law School.

Professor Jacobson founded the Legal Insurrection website in 2008. He is now the president of the Legal Insurrection Foundation,

an investigative research group that tracks developments in Critical Race Theory in education and the culture at large. He has written

and spoken extensively about Critical Race Theory, campus free speech issues, and the history and tactics of the anti-Israel movement. A

captivating, engaging public speaker, he is a leading voice on the far-reaching ramifications of CRT on our society.

Community Yoga Class On Library Lawn Oct. 12

A free 60-minute community yoga class will be held on the lawn of the Thomas Crane Public Library Wednesday, Oct. 12 from 9:30 to 10:30 a.m.

Instructor Rhiannon, of Humble Roots Yoga, uses physical demonstration,

verbal direction, modifications and variations to make this class suitable for beginners and seasoned yogis alike. Hands on assists will NOT be provided. Bring a water bottle and yoga mat.

For more information visit the Crane Library website.

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Moments in time

THE HISTORY CHANNEL

- On Oct. 19, 1796, a writer, mysteriously named "Phocion," slyly attacks presidential candidate Thomas Jefferson in an essay published in the Gazette of the United States. Phocion turned out to be former Treasury Secretary Alexander Hamilton, who would write 25 essays lambasting Jefferson.
- On Oct. 18, 1867, the U.S. formally takes possession of Alaska after purchasing the territory from Russia for \$7.2 million, or less than 2 cents an acre. Russia sold its Alaska territory to the U.S. rather than risk losing it in battle with a rival such as Great Britain.

On Oct. 24, 1931, New York Gov. Franklin Roosevelt dedicates the George Washington Bridge over the Hudson River. The 4,760-foot-long suspension bridge, the longest in the world at the time, connected New Jersey with Manhattan in New York City.

On Oct. 23, 1942, Michael Crichton is born in Chicago. During his final year of medical school, Crichton published "The Andromeda Strain" (1969) and decided to write full time instead of practicing medicine.

On Oct. 21, 1959, on New York City's Fifth Avenue, thousands of people line up outside a bizarrely shaped white concrete building that resembled a giant upside-down cupcake. It was opening day at the new Guggenheim Museum, home to one of the world's top collections of contemporary art.

On Oct. 20, 1962, President John F. Kennedy holds secret meetings with advisers on the eve of ordering a blockade of Cuba. Kennedy had seen photographic proof that the Soviets were building 40 ballistic missile sites on the island -- within striking distance of the United States.

On Oct. 22, 2012, Lance Armstrong is formally stripped of the seven Tour de France titles he won from 1999 to 2005 and banned for life from competitive cycling after being charged with using illicit performance-enhancing drugs and blood transfusions to help him win races.

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The **witch hazel** plant's bark and leaves were used by native Americans to treat many ailments, and the plant is still used today in modern healthcare products. It is a strong anti-oxidant and astringent used for itching, pain, swelling, skin injury, varicose veins, hemorrhoids, bruises, insect bites, poison ivy, minor burns, and other skin irritations. It is often recommended to women to reduce swelling and soothe wounds resulting from childbirth. - Brenda Weaver

Source: www.webmd.com, www.naturallivingideas.com, urbaneologycenter.org

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.29196 DIVISION

AARP Monthly Fraud Watch Update

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks.

It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

- An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

- A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

- A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

- Free for Everyone:** Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1: Cyber Security Awareness Month

As our lives become increasingly dependent on technology, more personal and business information is kept on internet-connected platforms, which can become a gold mine for criminals. October is National Cyber Security Month and AARP is joining federal law enforcement partners to encourage consumers to be cyber secure throughout their homes and businesses.

Here are some key steps. Create strong and unique passwords for all accounts (or use a password manager to do it for you). Opt-in to multi-factor authentication at every opportunity (where you receive a code on your device and share the code back to prove it's you). Back up your data. Make sure all your devices are operating on the latest software. These steps are a good start to keep you cyber secure.

SCAM ALERT #2: "Becky From Medicare"

For the past few months thousands of robocalls have

More Consumers Plan To Trick Or Treat Vs. Halloween 2020

Cont'd From Page 2

comfortable handing out candy this year. For Halloween 2020, fewer than half of consumers (48%) said they would purchase candy for trick or treaters. That percentage jumps by 14 points in 2021, up to 62% of consumers.

In-person school and celebrations boost candy purchases. As more schools open for in-person learning, the number of people saying they will buy candy for school Halloween celebrations climbs from 17% in 2020 to 22% in 2021, approaching pre-pandemic levels (27% of consumers).

Differences in Halloween celebration plans can also be seen when looking at consumers by geographic region and COVID-19 vaccination status:

- Unvaccinated consumers are significantly more likely to go trick-or-treating than vaccinated consumers.** Among those who do not plan to get the vaccine, more than a third (34%) say they plan to go trick-or-treating, compared to 26% of vaccinated consumers.

- Vaccinated consumers plan to hand out candy**

and scale back celebrations. Nearly 3 in 5 (57%) of vaccinated consumers say they will hand out candy, compared to 52% of vaccinated consumers. This group is less likely to attend or host parties or go out for food/drinks on Halloween than unvaccinated consumers.

- Northeastern consumers are the most likely group to plan for traditional Halloween celebrations.** Consumers in this part of the U.S. are more likely to hand out candy (Index 116 vs all regions) and go trick-or-treating (122), but the least likely to gather with friends and family (86).

- Western consumers are planning for more low-key Halloween celebrations.** Consumers in this region are significantly more likely to order takeout (156) or go out for food/drinks (137), and the least likely to go trick-or-treating (80).

Retail channels poised to show growth or decline with Halloween customers include:

- Mass retailers look to capture the highest share of Halloween shopping.** Nearly two-thirds (64%) of consumers plan to make

been hitting U.S. phone lines claiming to be "Becky, from Medicare." And trust us, this is a conversation you'll want to skip.

A target will receive a prerecorded call from "Becky from Medicare" and is asked to press 1 to talk to a representative to learn about free genetic testing. For those who interact with Becky (or one of her friendly colleagues), she'll claim they are eligible for genetic testing to screen for diseases that Medicare will pay for. They will ask for the target's Medicare number and mailing address to send a test kit with instructions.

This is a scam, pure and simple. All these crooks want is your Medicare number so they can bill Medicare for tests, devices – whatever their flavor of the day. These fraudulent charges cost Medicare billions each year.

To protect yourself – and save taxpayer dollars – only share your Medicare number with trusted health care providers; calls out of the blue for free resources from Medicare are scams – full stop.

SCAM ALERT #3:

Smart Homes Need Smart Security

Smart homes can bring all of our systems, devices and even appliances online. If this is a route you're taking, know that smart homes need smart security.

When setting up a new device, be sure to adjust the privacy and security settings. For any device that has a default password, change it, and do so again periodically. All of your passwords should be unique and complex. Avoid connecting your email or calendar to smart home devices, along with any other apps that store sensitive information. Also, set up each device so that any new software update uploads automatically. Updates often contain patches to protect against newly discovered vulnerabilities.

SCAM ALERT #4:

Medicare Open Enrollment Scams

It's open enrollment season, which also means it's Medicare fraud season. Eligible beneficiaries have until December 7 to shop for the best deal for their health care dollar. Unfortunately, some of the deals out there won't be deals at all.

Just like in other years, Medicare scams spike during open enrollment season with scammers posing as insurance providers calling and emailing about free gifts or limited time offers. These scams are designed to capture information to bill Medicare for bogus services and treatment.

Cont'd On Page 5

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Scenes From Yesterday



THIS IS A 1915 postcard view of the Greenleaf Block on the corner of Hancock and Granite Streets in Quincy Square. Built in 1876, this was the first brick business building erected in Quincy. It features two polished Quincy Granite columns at the main entrance. The Greenleaf Hotel, originally known as the Robertson Hotel, was located on the top three floors until a fire

destroyed the roof and steeple leaving only the three story building there today. On the left is Durgin and Merrill block built in 1886; it is still standing. On the right down Granite Street is the old railroad bridge where the trains passed overhead until the Red Line was built below the street.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1949
72 Years Ago

Ground Broken For New Health Center

Mayor Charles A. Ross broke ground for the new Quincy Health Center, the second of its type to be constructed in the United States.

On hand for the ground breaking ceremonies were Frederick and Michael Dyer, architects; Public Works Commissioner Charles Herbert, Dr. Robert Archibald, deputy state health commissioner; Dr. Richard Ash, city health commissioner; and James Kelliher, contractor.

WOLLASTON MAN TOPS LIST FOR POST AS CITY PLUMBING INSPECTOR

John F. Hagerty, 61 Brook St., Wollaston, topped the list of applicants for the position of Quincy plumbing inspector, it was announced by the Civil Service Commission.

The appointment of Mr. Hagerty, a disabled war veteran, is mandatory under the law. The new appointee will fill the vacancy caused by the resignation of Jeremiah Curtis.

QUINCY-ISMS

Shea Cleaners and Launderers, 22 Cottage Ave., Quincy Center, was advertising "Prices Are Down, Clean Any Coat for 69 Cents. Regular Service." . . . John J. Walsh, Inc., Municipal Parking Area, Quincy, was offering "Wines, Liquors, Ales, Free Sedan Delivery. Bring in Your Empty Bottles - We Take Them With a Smile." . . . Howard Johnson Restaurant, downstairs in the Granite Trust Building, was offering a "Shopper's Special, A Cup of Soup Du Jour, Sliced Ham Sandwich, Tea, Coffee, Milk or Gingerale. 55 cents." . . .

Joseph B. Grossman, representing the Grossman Family Trust, donated a television set to the Rice Eventide Nursing Home . . . **Dr. Leslie Van Raalte** was the guest speaker at the first meeting of the season of the Christ Church Mothers Club. . . **Rev. Bedros Baharian**, pastor of Quincy Point Congregational Church, presided over the laying of the cornerstone of the new church on Washington Street, corner of Abbey Road. . . A safety plaque was awarded to the management and employees of Alfred G. Peterson and Sons, 11 Newbury St., North Quincy, for working a full year without a single compensable injury. The award was given by the firm's insurance carrier, Hardware Mutuals. . .

Jack's Health Club, 25 School St., was offering "Complete Health Services, Body Building, Weight Reducing, Steam Bath, Shower, Massage." . . . The Adams Theater, School St., double feature included, "Canadian Pacific" with Randolph Scott and Jane Wyatt, and "Rusty Saves A Life," with Ted Donaldson . . . **Miss Shirley B. Daniels**, daughter of Mr. and Mrs. Edward Daniels, 42 Channing St., Wollaston, has been enrolled in graduate school of chemistry at Bryn Mawr College. Miss Daniels is a graduate of North Quincy High School and received her B.A. degree in chemistry at Radcliffe College. . . **Rev. Robert Sheridan** was the guest speaker at a meeting of the St. Ann's Holy Name Society. Fr. Sheridan, a former Army chaplain, is on the faculty at Boston College High School. . . The Quincy City Council authorized **Mayor Charles A. Ross** to enter into an agreement with Dual Parking Meter Co. to furnish the city with 600 parking meters for the parking area. . . Mohican Market, 29 Chestnut St., held its 53rd anniversary sale. Offerings included, "Honey-Dipped Donuts, 29 cents a dozen" and "Pure Whipped Cream Puffs, 6 for 35 cents." . . . **Dr. Miriam Van Waters**, superintendent of the Women's Reformatory in Framingham was scheduled to be the guest speaker at the Oct. 13 meeting of the Women's Guild of St. Chrysostom's Church. . . **Mrs. Elizabeth Kirby** was installed for her second term as president of the Houghs Neck American Legion Post Auxiliary. **Mrs. Mary Lawrence**, county director, was the installing officer. . . **Miss Barbara Hamilton**, daughter of Mr. and Mrs. Harold Sorenson, 57 Bedford St., Hospital Hill, has enrolled at Wheaton College, Wheaton, Ill.

. . . Foy's Markets, 1177 Hancock St., and 60 Franklin St., Quincy, was offering a "Wednesday Special, Sirloin Steak, Cut From Fancy Steers, 85 cents a lb." . . . **Rev. Thomas J. Tobin** was the new curate at St. Mary's Church, West Quincy. He succeeds **Rev. John J. Brown**. . . A forum on the question of socialized medicine was scheduled for Sunday, Oct. 9 at the First Presbyterian Church, located at the corner of Quincy and Water Streets, South Quincy . . . The New York Yankees, managed by Casey Stengel, were set to square off against Burt Shotton's Brooklyn Dodgers in the World Series.

Day To Celebrate Abundant MA Waterways

By JULIA BLATT
Executive Director

Massachusetts Rivers Alliance

As the days turn cooler, and nights become crisp, we in Massachusetts often turn to the outdoors as a place to seek refuge. In a world still dominated by COVID-19, being outdoors, where the "background noise" can be a rapids, a bird call, or the whisper of a grazing doe, outdoor recreation presents a safe escape from the worries presented by indoor gatherings of people who are masked or unmasked, vaccinated or unvaccinated.

In a few short weeks, the explosion of fall colors throughout New England will draw people outside. However, they need not wait. This month, Massachusetts residents can enjoy the outdoors by being in, on, and beside a river. We are a small state, but we are rich in rivers! The state has 28 major watersheds and more than 300 named rivers. Overall, Massachusetts has more than 8,200 miles of rivers presenting opportunities for multiple experiences.

At the beginning of the pandemic, my husband and I bought a pair of kayaks, and by the end of the summer of 2020, we had explored 14 Massachusetts rivers. Whether one carries a boat, a fishing rod, or nothing at all, Massachusetts residents can enjoy the glory of a Massachusetts river. We took our kayaks, but Roger uses his bicycle to be by, but not in, the water; Mark's wheelchair provides his wheels. Jeanne aims her camera for her close-up wildlife photos, while Ian captures the scenes he sees through his watercolors. Each experiences the rivers differently.

Every part of the state has its own treasure. The Taunton River is the longest coastal river in New England without dams. The Taunton, a federally-designated Wild and Scenic River, is known for its varied habitats supporting populations of birds and other wildlife. The Saugus River was known by Native Americans as Aboutsett, or "winding stream."

The Connecticut River is named after the Pequot word "quinnetucket," meaning long tidal river. It is a beautiful river for paddling - especially in the fall, when motorized boat traffic has largely subsided - with multiple locations for canoeing, kayaking, or paddle-boarding. The Sudbury, Concord, and Assabet Rivers, also Wild and Scenic Rivers, were recognized for their outstanding ecology, history, scenery, and recreational value, and are popular hiking and paddling destinations.

The Housatonic River starts in the Berkshire mountains. It flows 149 miles southward into the Long Island Sound. Fishing is a major activity along the entire length of the river, offering some of the best fly fishing to be found in the eastern United States. The river is also home to a series of wooden bridges, such as the West Cornwall Covered Bridge.

And these are just a few to get you started. To help Massachusetts residents celebrate and enjoy their abundance of river-based opportunities, the Massachusetts Rivers Alliance, the voice of Massachusetts Rivers, recently published its "Explore Your Rivers" guide to these treasures. (massriversalliance.org/explore-your-rivers). Explore Your Rivers provides information on swimming, paddling, boating, fishing, and walking/biking in watersheds throughout the state. There is information on accessible trails, kid-friendly activities, and public transportation, as well as links to nearby events.

So if you're feeling a little down, anxious, or unsure about how to fill those weekends while you're taking a pause from indoor activities, go enjoy a river! And bring a friend.

Julia Blatt is executive director of the Massachusetts Rivers Alliance, the voice of Massachusetts rivers. The Alliance is a statewide membership organization of 81 environmental organizations in Massachusetts, Connecticut, and Rhode Island.

AARP Monthly Fraud Watch Update

Cont'd From Page 4

Be suspicious of anyone who calls, emails or visits you promoting a Medicare plan. Legitimate health plans can only contact you if you've requested information. Don't give personal information to anyone who calls or visits

Natalia Stopa Earns Master's Degree In Business Administration

Natalia Stopa of Quincy graduated with a master of business administration (MBA--healthcare concen-

tration) from the College of Business at Ohio University in Athens, OH during the summer semester.

More Quincy news:

The Quincy Sun.com

Arts & Entertainment

Thousands Of Music Lovers Turn Out For PorchFest

By SCOTT JACKSON

Thousands of concert-goers attended PorchFest Quincy, the annual slate of outdoor concerts that made its return recently following a one-year hiatus.

This year's PorchFest Quincy was held on Sept. 25 and featured musical acts performing on porches and in yards and driveways in the Merrymount, Squantum and Wollaston Hill neighborhoods.

Walter Hubley, one of the event's organizers, estimated that between 5,000 and 8,000 people attended one or more of the concerts during PorchFest, in line with the turnout during previous years.

"It went very well. All three neighborhoods had a pretty nice turnout, the bands were amazing, and people really appreciated the day," Hubley said.

"It was a wonderful community event where friends and neighbors came together through the shared experience of music," he added.

Hubley said highlights of the day included the Atlantic Youth Orchestra, The

155s, and Tokyo Tramps, all of whom performed on Wollaston Hill. The Gypsy Moths did well in Squantum, he added. The Gypsy Moths are a regular favorite at PorchFest and have also performed in the Wollaston Hill Neighborhood Association's Saturdays in the Park series at Safford Park.

Overall, 75 bands participated in PorchFest this year, Hubley said, compared to 120 in 2019. He said some of the bands who participated previously were unable to do so this year because the event was held in September, rather than June. Other bands, he said, had been unable to practice together because of COVID-19.

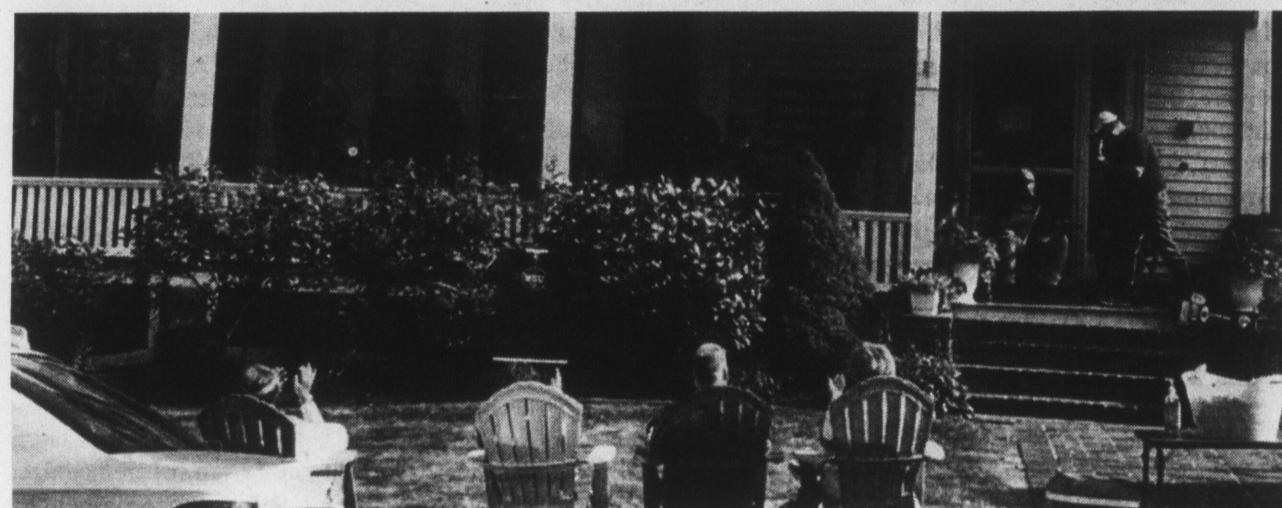
PorchFest Quincy began in June 2016 in Wollaston Hill and branched out to Merrymount and Squantum in the following years. Hubley said the volunteer group who runs the event would meet and determine if next year's PorchFest Quincy would be held in June, as it has been in the past, or if it would remain in September.

"That is to be determined," he said.



THE BAND "Cherrie Bomb" was among the 75 bands performing at this year's PorchFest Quincy that drew crowds of music lovers throughout Merrymount, Squantum and Wollaston Hill. Cherrie Bomb is shown performing on Ashworth Road in Squantum.

Courtesy Photos



BLUEGRASS BAND "WSU" plays on the porch of George Burke's home on Warren Avenue, Wollaston Hill during PorchFest Quincy, an outdoor music festival held Sept. 25.



UP THE DOWNS band performs in Squantum during PorchFest Quincy Sept. 25.



ENJOYING THE OUTDOOR music festival PorchFest Quincy are music fans from left to right Dottie LeMay, Tina Josephs, Sofia Himer and Sophia Ostiguy.



STEVE KOLANDER performs on Dundee Road in Squantum during PorchFest Quincy.

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New Trail Race Oct. 23rd Benefits Friends of Wompatuck State Park

Oct. 23 will mark the first edition of the 10 mile Womp Romp Trail Race. The race will wind through scenic Wompatuck State Park in Hingham, offering participants a glimpse of the treasures this magnificent park holds.

All proceeds from the race will benefit the Friends of Wompatuck, a non-profit group who provides maintenance for the park and educates people on its history and vast offerings.

"This event is such a great combination: Highlighting the beauty of the park, giving trail runners a new local course and sup-

porting a great non-profit group who lovingly cares for the park," said Rob Jeffers, co-founder of the race.

Jeffers, Matt Hoadley and Joe Regan set out to raise awareness of the park and to offer a new trail running challenge in a geographic area where options are few. "I have to commend my colleagues, who are more avid runners than I," said Regan. "They recognized this gap and encouraged the establishment of the run. We're a great team, but we're new to this. Why hasn't his been done before? We may find out!"

Runners of all experi-

ence levels are encouraged to participate; and volunteers are welcome for both race day and prior day setup. Registration for runners and walkers (as well as volunteers) can be accomplished directly through Ultrasignup.com. Additional information can be found at wompromp.org and by following Womp Romp Trail Race on facebook. Inquiries can be sent to info@womromp.org

Womp Romp media inquiries can be directed to Joe Regan at info@womromp.org.

For more information on FOW go to wompy.org

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Jean's Cod Casserole

By MARIE

If you like seafood you will enjoy my niece Jean's casserole. This one baking pan wonder can be prepared the night before – and easy cleanup too.

This is an original by Jean and it got raves from a dinner party that she had recently. This was not her only entrée – she also made lasagna with sausage and meatballs – how lucky were these guests. Cod Casserole recipe below.

Pre-heat oven to 375 degrees, prepare a 9 x 12 casserole dish

Ingredients:

- 2 pounds cod
- 2 large russet potato peeled and slices thin
- 1 large yellow onion
- 3/4 cup olive oil
- 1 large choice garlic, minced
- 1 tablespoon dried parsley
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon paprika
- 3 tablespoons tomato sauce



Directions

Preheat oven to 375°

In an 9 x 12 casserole dish, layer half the potato slices, then layer all of the cod, then all of the onion.

Top with remaining potato slices.

In a small bowl, mix together olive oil, garlic, parsley, pepper flakes, paprika and tomato sauce.

Mix very well.

Pour evenly over casserole.

Bake for 45 minutes or until potato is tender.

Cannellini Bean Dip

By SUZIE

Cannellini beans, particularly popular in Italian cuisine, are large white beans with a firm texture and nutty flavor. Cannellini beans may provide protection against colorectal adenomas (CRA). Colorectal adenomas are benign tumors that have the potential to become cancerous. In fact, adenomas are considered a major precursor of colorectal carcinomas, the third most common type of cancer in men and women.

Low GI foods such as cannellini beans metabolize slowly, and provide steady energy for hours following their consumption. This in turn helps stave off cravings for sugary foods and control mood swings. But the health benefits of eating low glycemic foods such as cannellini beans do not end there: low GI foods may also help forestall diabetes in pre-diabetic people and reduce your chances of developing cardiovascular disease.

Some of the health benefits of cannellini beans are linked to their high molybdenum content. Molybdenum is a trace element that plays an essential yet overlooked role in human health and aids in detoxification of the body. They are loaded with antioxidants, boost the immune system, and even contain properties that help to fight wrinkles!

Here is an easy and delicious recipe for Cannellini bean dip for you to enjoy ~

1 can drained and rinsed organic cannellini beans

1-2 cloves garlic

1/3 cup extra virgin olive oil

2 tablespoons fresh lemon juice

1/4 cup or so of fresh parsley

Simply place all ingredients in food processor and blend until creamy. Serve with veggies or whole grain crackers. Great for a mid day snack or as a side to a nice meal, or even topped on a salad.

Movie Review: 'Dear Evan Hansen'

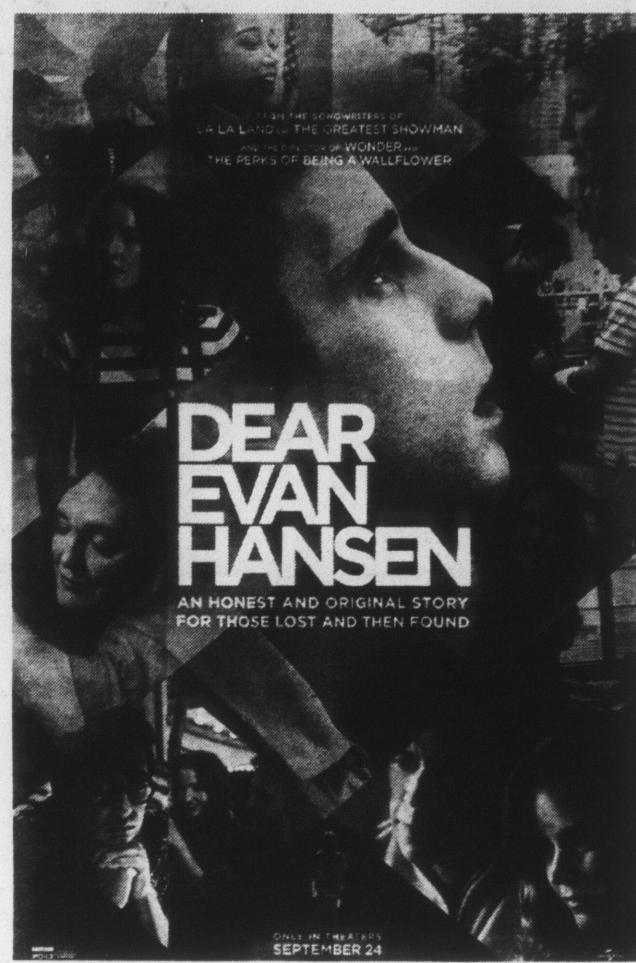
By BOB GARVER

The last two weekends at the box office have been dominated by the one-two punch of holdovers "Shang Chi and the Legend of the Ten Rings" and "Free Guy." But the opening of "Dear Evan Hansen" the weekend of Sept. 24 changed that.

By which I mean that it knocked "Free Guy" out of the #2 spot. "Shang Chi" continues to kill it at #1. But in New York, where I live, the weekend was all about "Dear Evan Hansen." Actually, let me rephrase: the weekend at the movies was all about "Dear Evan Hansen." The weekend overall was all about the reopening of Broadway. The return of excited crowds more than made up for the litter of discarded Playbills.

The film is based on a Tony Award-winning musical that opened in 2016. Lead actor Ben Platt himself won a Tony playing Evan Hansen, and now he's bringing his portrayal to the big screen. Problem is, Hansen is a high school senior, and while Platt could get away with playing the character onstage at age 23, playing him onscreen (with close-ups) at 27 is a much harder sell. Fortunately, his acting and singing are so good that the things about the performance he can control should make you forget about the things he can't.

Social anxiety-ridden Evan is heading back to school with a broken arm. This is shaping up to be another year where he won't make any friends. His closest confidant Jared (Nik Dodani) insists that they're not really friends and won't even sign his cast. He pines after crush Zoe Murphy (Kaitlyn Dever), even though she comes with the baggage of her disturbed brother Connor (Colton Ryan). As a therapy exercise, Evan writes a letter to himself talking about wanting to get to know Zoe better. Connor finds the letter talking about his sister and angrily confiscates it, but not before sarcastically signing Evan's cast. Soon



after, Connor commits suicide.

Connor's mother (Amy Adams) and stepfather (Danny Pino) are naturally devastated, but there's a tiny ray of sunshine. Connor was in possession of Evan's letter, which taken out of context, makes it look like he wanted to be a better brother to Zoe and that he and Evan were friends. The signature on Evan's cast seems to confirm that their son was able to form a connection with someone, which brings the parents great joy. Not wanting to hurt the grieving family's feelings, Evan goes along with the story they've fabricated. But soon he's the one fabricating stories, spinning tales of he and Connor spending hours together at an orchard. Soon he's the voice of Connor's memory and setting up a foundation with overachieving classmate Alana (Amandla Stenberg). He's also spending more and more time with the Murphy family, especially Zoe, at the expense of precious quality time with his overworked nurse mother (Julianne Moore). Evan's swelling ego and web of lies are bound to catch up with him sooner or later.

I never saw the stage version of this show, but I understand the third act has been rewritten for the transition to the screen. That may explain why it's such a mess. One character takes a near-villainous turn and everybody seems a lot more miserable once they no longer have Connor and Evan's friendship for inspiration, a misery that is never really rectified. There's an act of atonement that supposedly makes things better, but it's such a cold comfort at that point that it barely registers.

"Dear Evan Hansen" has been widely panned for Platt's age and the third-act changes, and I'm not saying those elements aren't problematic, but they weren't deal-breakers for me. I still found a lot to like about Platt's performance and his chemistry with Dever, Adams, and Moore. This isn't going to go down as a "classic" movie musical, but it isn't a "Cats"-level disaster.

Grade: B-

"Dear Evan Hansen" is rated PG-13 for thematic material involving suicide, brief strong language, and some suggestive references. Its running time is 137 minutes.

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FRIENDS OF WOLLASTON BEACH officers, directors, committee members and awards recipients with elected officials at the organization's recent annual meeting held at the Wollaston Yacht Club.

Photos Courtesy Friends of Wollaston Beach



MAYA SMITH of Save the Harbor/Save the Bay was the keynote speaker at the Friends of Wollaston Beach annual meeting. Smith is director of Partnerships & Program Development. The mission of SH/SB is not that different from FWB's. SH/SB is committed to "restoring and protecting Boston Harbor ... and the marine environment, and share them with the public for everyone to enjoy," Smith said in her remarks.

Friends Of Wollaston Beach Annual Meeting Highlights

The Friends of Wollaston Beach (FWB) recently held its first in-person meeting at the Wollaston Yacht Club, after a two-year hiatus. In addition to the keynote speaker and election of officers, FWB recognized individuals who helped FWB fulfill its mission to: promote the wise use and preservation of the Beach. FWB also presented Certificates of Appreciation to individuals and groups without whom FWB would be far less effective.

The meeting began with the presentation of the colors and the Pledge of Allegiance by the North Quincy High School Jr. ROTC, under the direction of Master Sergeant John Delorenzo.

In 2019, Master Sergeant Delorenzo was recognized



MASTER SERGEANT John Delorenzo, director of the North Quincy High School Junior ROTC, was recognized as the Friends of Wollaston Beach "Friend of the Year" for 2019.



FRIENDS OF WOLLASTON Beach presented several awards at its annual meeting. Here Lori and Dave Scott (left) receive the 2021 Friend Award from FWB President Maureen Mazrimas and Vice President Dan Connolly.

SB) is Director of Partnerships & Program Development. The mission of SH/SB is not that different from FWB's. SH/SB is committed to "restoring and protecting Boston Harbor

... and the marine environment, and share them with the public for everyone to enjoy." FWB's recently-concluded Kids' Fest is but one example of getting people back on the beach



THIS YEAR'S SPIRIT AWARD went to Maggie Brown, recently retired from the DCR for facilitating signage along Wollaston Beach regarding the proper disposal of pet waste (even though Wollaston Beach was not in her district). She was also recognized for her amazing stewardship of DCR properties in her care over the last 35 years. Presenting the award is FWB President Maureen Mazrimas.

you love and help as many people as possible take full advantage of the wonderful resources we have available."

Maya spoke of SH/SB's role in administering grants from DCR under the Better Beaches Program

Cont'd On Page 9



CERTIFICATES OF COMMENDATION were presented to group and individuals for helping support the mission of Friends of Wollaston Beach. Among the recipients was Joe Catalano of Quincy Access TV (above).



CADETS of the North Quincy High School Junior Air Force ROTC present the colors at the Friends of Wollaston Beach annual meeting held recently at the Wollaston Yacht Club.



COUNCILLORS AT-LARGE Noel DiBona, Anne Mahoney and Nina Liang attended the Friends of Wollaston Beach annual meeting.

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Social Security Matters

Ask Rusty: Will My Social Security Be Reduced In The Future?

By RUSSELL GLOOR

National Social Security Advisor
At the AMAC Foundation, The Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I started Social Security about 2 years ago and I thought that the monthly benefit amount stated to me by Social Security in their letter was guaranteed. That written amount was what I based my decision on to retire. Now I hear on the news that we may have to take a 24% reduction in the future. That will make me and millions of other seniors homeless. Was the original amount a guarantee of monthly income, and can the government reduce it whenever they want to? **Signed: Anxious Senior**

Dear Anxious: The reason you're now hearing about the possibility of a future reduction in Social Security benefits is because the SS Trustees 2021 Report to Congress was just released. This report, usually published in April, recaps the program's financial status at the end of the preceding year and provides Congress with a very detailed analysis of Social Security's (and Medicare's) financial picture. The Trustees report that, beginning in 2021, Social Security income will be less than needed to pay benefits, with the gap to be made up from Trust Fund reserves. Unless Congress makes some changes to the SS program, that trend will eventually result in the Trust Fund running dry, requiring an across-the-board cut in benefits.

This latest report predicts that the combined Trust Funds, which now hold nearly \$3 trillion in reserves, may be fully depleted by the year 2034 - one year earlier than last year's 2035 prediction. Although the 2034 date is new news this year, the mid-2030s potential depletion date has been reported for years, and it is not a new issue. Indeed, the 2019 report predicted 2034 as the possible depletion date and last year's report predicted an improvement to 2035. One obvious reason for the one-year acceleration in the new report is the economic effect of the COVID-19 pandemic. While it certainly isn't good news, the fact is that the bad news isn't as bad as many pundits predicted. Some were suggesting that the depletion date may be as early as 2029, but the economy rebounded faster than expected. Depending on how you look at things, the depletion date only changing by one year could be viewed as positive considering the economic impact of the pandemic. Rest assured that the matter will receive continued analysis in the months ahead.

But here's the bottom line:

It is extremely doubtful that Congress will ever let the Social Security Trust Funds be fully depleted, necessitating a benefit cut to all recipients. To allow that to happen would be political suicide because over 64 million people rely on Social Security. Is your benefit guaranteed? Yes, but only within the boundaries of current law, which says that Social Security is allowed to only pay benefits using its own money (from payroll tax income, interest income, income tax revenues and Trust Fund reserves). No benefits will be cut for as long as the Trust Fund can make up the difference between income received and benefits paid. But if there are no reserves to make up the difference, then (by law) Social Security can only pay out as much as it brings in.

Congress already knows how to fix this issue and avoid a cut in Social Security benefits. What is missing is the bipartisanship and the political will to accomplish it, because neither side currently appears receptive to solutions offered by the other side. Congress may continue to drag its feet on this issue, as has historically been done, until urgency demands action. But I believe you can rest assured that Congress will eventually find the fortitude to restore Social Security to long-term solvency before any benefit cuts are made. You can help by calling your Congressional Representative and demanding that they adopt a bipartisan attitude toward Social Security reform. A good place for Congress to start would be by adopting the reform proposed by the Association of Mature American Citizens, which can be found at www.amac.us/social-security.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Friends Of Wollaston Beach Annual Meeting

Cont'd From Page 8

and encouraged attendees to think about ways to create programs that bring people back to the beach - and to apply for grants when they become available next Spring. She acknowledged the hard work of the Better Beaches Commissioners. Two of them - Rep. Tackey Chan and Doug Gutro - were in attendance. Maya, who recently became a Quincy resident indicated that if next year's Shamrock Splash (in March) does not return to South Boston, she will be joining Bob Verney and Michael Mazrimas in jumping into the waters of Wollaston Beach! The Shamrock Splash is SH/SB's annual fundraiser to raise money to continue to provide programming from Nahant to Nantasket.

Save the Harbor/Save the Bay was also awarded a Certificate of Appreciation for its longstanding support for beach programming, assistance in funding FWB events, and providing entertainment and educational programs in connection with Kids' Fest.

Before moving on to the awards portion of the program, president Maureen Mazrimas encouraged everyone to participate in next month's Coastsweep cleanup on Saturday, Oct. 9, from 10 a.m. to noon. The group will meet on Quincy Shore Drive between Rice Road and Feno Street (near the flags).

Ms. Mazrimas indicated that she is wearing out the phrase, "it takes a village" when speaking of fulfilling FWB's mission. "But," she continued, "it really does!" She acknowledged the many other groups and individuals that helped FWB. Certificates were given to Dave Murphy of the City of Quincy's Department of Natural Resources; Joe Catalano of QATV, Bob Bosworth of The Quincy Sun, Neponset River Watershed Association, Wollaston Yacht Club, and Massachusetts Boating and Yacht Club Association.

Each year, FWB recognizes individuals who go "above and beyond," in a variety of categories.

This year's Spirit Award went to Maggie Brown, recently retired from the DCR for facilitating signage along Wollaston Beach regarding the proper disposal of pet waste (even though Wollaston Beach was not in her district). She was also recognized for her amazing stewardship of DCR properties in her care over the last 35 years.

The 2021 Friend Award was given to two people - Lori and Dave Scott. Lori is committed to wellness, and has been conducting yoga on the beach. As part



QUINCY STATE LEGISLATOR Rep. Tackey Chan receives the Friends of Wollaston Beach President's Award from Pat Herbert and FWB President Maureen Mazrimas. Chan was recognized for his unwavering support of the Friends and his advocacy for beach users.

Photo Courtesy Friends of Wollaston Beach

of their routine, Dave and Lori clean the beach before and after each session and encourage others to care for this wonderful resource.

Ms. Mazrimas noted that the President's Award was a "no brainer." "Rep. Tackey Chan has been unwavering in his support of Friends of Wollaston Beach - even before he was elected to the House." He serves on the Beaches Commission in spite of "hating the water." He has always gone above and beyond the duties of his

office to advocate for beach users and all Quincy's residents. "His commitment to FWB made him the only choice for the President's Award."

The awards were followed by election of officers for the coming year. They are:

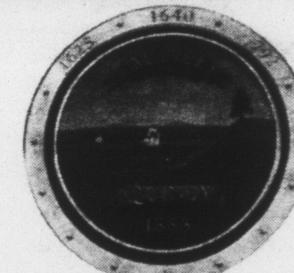
Maureen Mazrimas, president/treasurer; Dan Connolly, vice president; and Bob Verney, secretary.

Ms. Mazrimas encouraged people to think about getting involved. "Your

involvement can be as little or as much time as you are comfortable with. Volunteer for projects you're passionate about."

In addition to Coastsweep, coming events for 2021 include the Dick Herbert Memorial Toy Drive which will take place in December. Look for details on the FWB website, Facebook, Instagram, The Quincy Sun and QATV.

The meeting ended with light refreshments and the awarding of door prizes.



CITY OF QUINCY FINAL ELECTION

Tuesday, November 2, 2021

**LAST DAY TO REGISTER TO VOTE
Wednesday, October 13, 2021**

**At Quincy City Hall
1305 Hancock Street**

From 8:30 AM to 8:00 PM

**Voter Registration Is Also Weekdays
At City Hall from 8:30 AM to 4:30 PM
or at www.sec.state.ma/elections**

**Board of Registrars
Nicole Crispo, City Clerk
Michael F. Grindlay
John Carl Swanson
John P. Dumas**

Sheriff Hires Kathryn Hubley Community Outreach Coordinator

Norfolk County Sheriff Patrick McDermott announces he has hired Kathryn Hubley to serve as his Community Outreach Coordinator for the Norfolk County Sheriff's Office. In this position, Hubley will be responsible for community outreach, with a focus on programming for at-risk youth.

"Kathryn Hubley has a long and demonstrated commitment to helping families and communities," McDermott said. "The Norfolk County Sheriff's Office is privileged to have her join our team, and she has already begun to make a positive impact on our programming and outreach."

As Community Out-



KATHRYN HUBLEY

reach Coordinator, Hubley will head up the Sheriff's Norfolk County Youth Substance Use and Mental Health Task Force, connecting young people, schools, law enforcement, public health agencies, and other community partners to share best practices and take

a county-wide approach to addressing these issues.

The salary for the position is \$60,000, said a spokesperson for the sheriff's office.

Hubley, a resident of Quincy and an elected member of the Quincy School Committee, is an active community volunteer. She serves as a board member of the Friends of the Kennedy Center, co-founder and vice president of the Wollaston Hill Neighborhood Association, chairperson of Quincy's PorchFest, and is a member of the Quincy Parents Advisory Council to Special Education. Hubley can be reached by email at khubley@norfolksheriffma.org.

39 Quincy Students On MCPHS Dean's List

Massachusetts College of Pharmacy and Health Sciences (MCPHS) announces 39 students from Quincy have been named to the Dean's List for the spring semester.

They are:

Jose Garcia, pursuing a bachelor of science in dental hygiene degree; Haley Huang, pursuing a bachelor of science in dental hygiene degree; Danielle Cooper, pursuing a bachelor of science in diagnostic medical sonography degree; Hebatullah Masood, pursuing a bachelor of science in health psychology degree; Loretta Chen, pursuing a bachelor of science in health psychology degree; Brenna Murphy, pursuing a bachelor of science in health sciences degree; Victoria Galvin, pursuing a bachelor of science in magnetic resonance imaging degree; Tuyen Nguyen, pursuing a bachelor of science in pharmaceutical sciences degree; Lorran Aguiar, pursuing a bachelor of science in pre-dental dental hygiene degree; Zeynab Alzubaidy, pursuing a bachelor of science in pre-dental dental hygiene degree; Rene Carbalal, pursuing a bachelor of science in premedical health studies degree; Alyssa Chen, pursuing a bachelor of science in premedical health studies degree; Julie Devico, pursuing a bachelor of science in premedical health studies degree; Sawliha Kidwai,

pursuing a bachelor of science in premedical health studies degree; Tran Quoc Hung Le, pursuing a doctor of pharmacy degree; Alissa Tam, pursuing a doctor of pharmacy degree; Catly Le, pursuing a bachelor of science in premedical health studies degree; Stephen Carinci, pursuing a doctor of pharmacy degree; Jiancheng Mo, pursuing a doctor of pharmacy degree; Manching Lam, pursuing a bachelor of science in pre-dental dental hygiene degree.

Kirsten Ho, pursuing a bachelor of science in premedical health studies degree; Jessie Lei, pursuing a bachelor of science in premedical health studies degree; Wendy Zhou, pursuing a bachelor of science in premedical health studies degree; Alyssa Chen, pursuing a bachelor of science in magnetic resonance imaging degree; Justin Le, pursuing a bachelor of science in premedical health studies degree; Julie Devico, pursuing a bachelor of science in premedical health studies degree; Kayla Tat, pursuing a bachelor of science in public health degree; Xiaowen Pan, pursuing a doctor of pharmacy degree; Man Ting Lui, pursuing a doctor of pharmacy degree; Steven Wong, pursuing a doctor of pharmacy degree; Inderpreet Thind, pursuing a bachelor of science in medical and molecular biology degree; Yingfen Ma, pursuing a bachelor of science in pharmaceutical sciences degree; Kitty-Anne Dubuisson, pursuing a bachelor of science in premedical health studies degree; Abdelrahman Elhashash, pursuing a bachelor of science in premedical health studies degree; Veronica Byrne, pursuing a doctor of pharmacy degree; Katherine Li, pursuing a doctor of pharmacy degree; Dennis Mei, pursuing a doctor of pharmacy degree; Christine Nguyen, pursuing a doctor of pharmacy degree; and Michael Truong, pursuing a doctor of pharmacy degree.

Brittany Hogan, pursuing a bachelor of science in dental hygiene degree; Tran Hoang Uyen Le, pursuing a bachelor of science in magnetic resonance imaging degree; Justine Le, pursuing a bachelor of science in premedical health studies degree; Julie Devico, pursuing a bachelor of science in premedical health studies degree; Kayla Tat, pursuing a bachelor of science in public health degree; Xiaowen Pan, pursuing a doctor of pharmacy degree; Man Ting Lui, pursuing a doctor of pharmacy degree; Steven Wong, pursuing a doctor of pharmacy degree; Inderpreet Thind, pursuing a bachelor of science in medical and molecular biology degree; Yingfen Ma, pursuing a bachelor of science in pharmaceutical sciences degree; Kitty-Anne Dubuisson, pursuing a bachelor of science in premedical health studies degree; Abdelrahman Elhashash, pursuing a bachelor of science in premedical health studies degree; Veronica Byrne, pursuing a doctor of pharmacy degree; Katherine Li, pursuing a doctor of pharmacy degree; Dennis Mei, pursuing a doctor of pharmacy degree; Christine Nguyen, pursuing a doctor of pharmacy degree; and Michael Truong, pursuing a doctor of pharmacy degree.

This event is so special to our Y because of our long history with the Rodman for Kids organization, who share our commitment to youth development," said Patrick Murphy, Quincy YMCA Senior Executive Director, who led this year's South Shore Y team efforts.

Rodman for Kids is a non-profit that raises funds for youth-focused social service organizations in Massachusetts. The Rodman Ride for Kids annual event offers organizations, such as the South Shore YMCA, a platform to raise money for their programs.

The Y team of cyclists joined other charities for the 25- or 50-mile bike ride in Foxboro as part of this annual event. This year's ride was a COVID-safe in-person event with a virtual component for at-home riders to raise funds and ride anywhere.

Riders for the South Shore Y team included 50-mile riders Anand Merchant,

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Break



SOUTH SHORE YMCA board member Steve Briggs rides with colleagues from Quincy Mutual at Rodman Ride for Kids.

Photos Courtesy South Shore YMCA



FUNDS RAISED at the Quincy YMCA Rodman Ride for Kids Spin-a-thon helped raise \$25k for at-risk youth.

South Shore YMCA Pedals For At-Risk Youth During Rodman Ride For Kids



SOUTH SHORE YMCA CEO Paul Gorman thanks longtime Y employee Anand Merchant for riding 50-miles at Rodman Ride for Kids.

HR Coordinator for South Shore YMCA, and Jorge Barrios of Spaulding Rehabilitation. Steve Briggs, Harold Gerbis, Steve Tower and Clark Owen, all from Quincy Mutual, also rode as part of the South Shore Y team, and a team from Acelia Construction also joined in to support the Y. A group of local teens, led by South Shore YMCA Director of Development, Kathy Quigley, volunteered to help

out at the event.

"Special thanks to all our riders, volunteers and supporters," said South Shore YMCA President and CEO, Paul Gorman. "The Rodman Ride for Kids is about community engagement and teamwork for a cause that is close to all of our hearts – helping kids thrive. Now, more than ever, kids need the connection and support of the Y."

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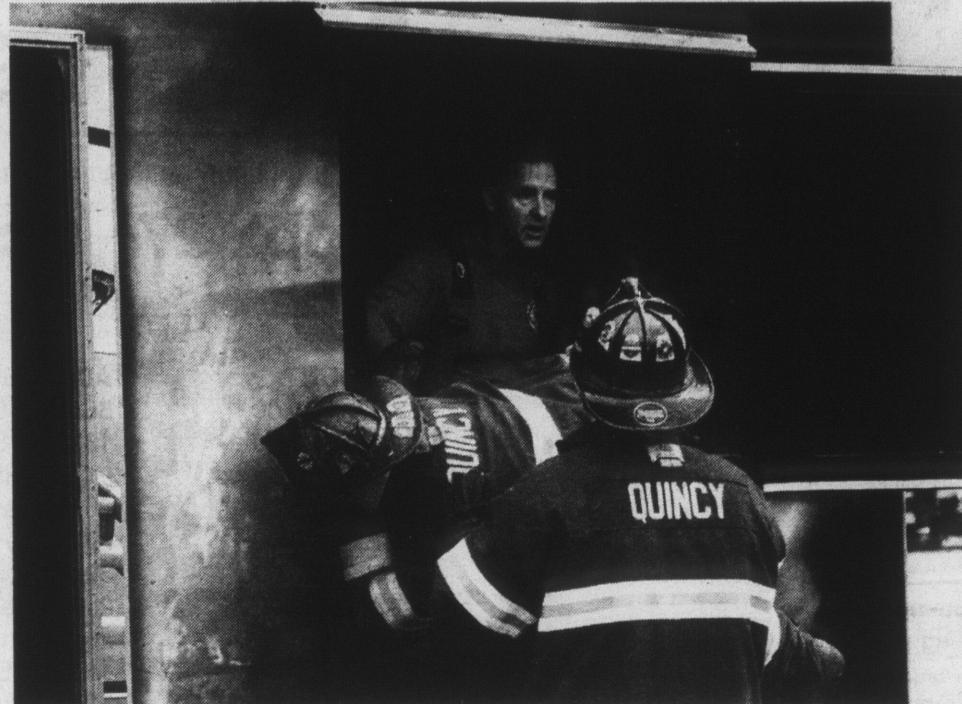
2021

Firefighters Undergo Survival Training

By TOM GORMAN

"Mayday!" Mayday! A firefighter called into the mic of his portable two-way radio. "I'm trapped in the basement, we had a collapse, and I'm separated from my crew!" A voice comes over his radio acknowledging the emergency, saying help is on the way. Wearing full turnout gear, an air pack, and blinded by a covering over his face shield, the firefighter crawls on his hands and knees through a "smoke-filled" maze partially blocked by overturned furniture using a charged firehose as a guide trying to find his way to safety as his distress signal device emits a piercing sound.

Partway through the course, the firefighter's air tank is shut off. He now must contend with no air to breath as he fights to find an exit. Within moments,



INSTRUCTOR LIONEL CROWTHER of the Winnipeg Fire Department, top, looks on as Quincy Fire Captain Patrick Dee makes his way out of a window with the assistance of Lieutenant Derek Monroe, foreground, during the Upper Floor Window Hang training exercise.

he finds his way out, and is safe.

Although the scenario was a training session, it

mimicked real life situations that firefighters can and have encountered. The training helps them perform

live-saving actions if they become lost, injured, disoriented, trapped, or low on air.

Thirty Quincy firefighters and officers participated in the four-day International Association of Firefighters' Fire Ground Survival program. It was held at the Quincy Fire Department's training center at the former St. Mary's School in West Quincy.

After completing the program, the firefighters were certified as trainers will train the rest of the 238 depart-



QUINCY FIRE LIEUTENANT Mike Kerr, wearing a blinder over his air pack face shield, uses a charged firehose as a guide to escape a "smoke-filled" basement during the Fire Ground Survival program.

Quincy Sun photos/Tom Gorman

ment members.

Quincy Fire Captain Timothy Marks explained that although firefighters undergo extensive training of how to rescue civilians, they also need to know what to do when they find themselves in a perilous situation.

"While we as firefighters constantly train to fight fires and save others, this type of

survival training is important for our members to save themselves, if it should ever become necessary," he said.

In addition to training how to escape being trapped in a basement, firefighters also were taught how to escape through a window of a burning building and make their way through tight openings, all the while

Cont'd On Page 35



INSTRUCTOR GENE MAHLSTADT of FDNY (New York City Fire Department) prepares Quincy firefighters for the Upper Floor Exit Window Hang training session.

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Office: (617)404-2001

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Real Estate

Quincy Real Estate Transactions Sept. 27 - Oct. 1

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Sea Street Holdings CME LLC
160 Elm Street Lodging Realty Trust
Maria I. Sannella
Marie R. O'Toole
PT Investments LLC
Lillian S. Bikash
114 Broad St LLC
Vitti Family Trust
Lei Gu & Biye Zhu
Newbury 60 LLC
Carlos M. Checa Ballesteros & Aleida M. Millon Aviles
Sajad & Courtney Raeisinafchi
Aaron & Mary D. Gilbert
Kin L. Gee
Lawrence L. Gannon
David R. DeVaste
Willard C6 Realty Trust
Rebecca Hanson
MD S. Sidker & Gausia Suborna
Thomas R. & Sandra Shea
Charbel A. & Linda C. Shweiri
Johnny J. & Rafaela S. Roncal
Dulce DePina
My H. T. Doan & Phuong Hoang
Nicholas D. Sackman
Nolido Family Trust
6 Oval Road 2018 Trust
Edwin J. McLaughlin
Kevin A. Jago
Billings Road LLC
Esther R. Sanger Center for Compassion Inc. &
Quincy Crisis Center Inc.
Ralph Montilio
My Computer Irrevocable Trust
Stacia & Thomas M. Gainey, Jr.
Hani & Gloria El-Shurafa
Chiu F. Chan & Jing J. Li
Christopher D. Arinez & LaToya Thomas
Eva & Algerino Rosato
Richard & Deborah Hanson
Todd M. & Margo Miller
Andrew J. Flanagan & Victoria A. Murray
Zhi M. Li & Lisha Xu

BUYER

Reservoir Manor Corp
160 Elm Street LLC
Robert W. Harnais & Leslie A. Reeves
Da Lin
B&N LLC
Lawrence & Nancy O'Brien
Guang X. Shi
Xinghui Yang
Joseph Collins & Shannon McGovern
Frances E. Scanlan
Anna T. Ta
Kaiming Deng
Weyfront Realty Trust
Jesus R. Llamas, Karel O. Gutierrez & Jason P. Steffen
May H. Yu
Edmond Tasellari & Anxhelina Opari
Koon W. Wong
Karleen S. Crosby & Patrick R. Bartol
Sonia Haleem & Abu S.M. Soem
Junye Liu & Yueling Yu
Yongzhu & Bolian Huang
Theresa & Peter Delahunt
City of Quincy
Annie W. Chan
Meirong Liu
Chiu Fung Yun Irrevocable Trust
NCL Cronin LLC
Zhenming Situ & Xiaolan Huang
Anas S. Mtet
Billings Quincy LLC

AMOUNT

\$3,670,000.00
\$1,200,000.00
\$275,000.00
\$680,000.00
\$1,100,000.00
\$922,000.00
\$278,000.00
\$960,000.00
\$437,000.00
\$1,099,000.00
\$315,000.00
\$471,000.00
\$950,000.00
\$520,000.00
\$415,000.00
\$345,000.00
\$302,000.00
\$450,000.00
\$322,000.00
\$535,000.00
\$625,000.00
\$531,000.00
\$510,000.00
\$737,000.00
\$635,000.00
\$329,000.00
\$250,000.00
\$452,000.00
\$635,000.00
\$1,800,000.00

ADDRESS

565-575-585 Sea Street
160 Elm Street
91 Washington Street, Unit 91-15
26 Windsor Road
29 Grove Street
39 Harbourside Road, Unit 44
2 Montclair Avenue
284 Whitwell Street
15 Kilby Street
60 Newbury Street, Unit 16
308 Quarry Street, Unit 204
56 Penn Street, Unit 2
55-59 South Walnut Street
71 Bigelow Street
91 Chubbuck Street
28 Mears Avenue
780 Willard Street, Unit C-6
90 Darrow Street
195 Independence Ave., Unit 139
16 Village Drive, Unit 2-4
44 Eustis Street
10 Seaport Drive, Unit 2318
37 Centre Street
32-34 Baxter Street
95 Davis Street
366 Quincy Avenue, Unit 204
6 Oval Road, Unit OV-2
39 Bowdoin Street
43 West Street
15 Billings Road, 7-9 Billings Road

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Weyfront Realty Trust
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Stefanie Martinez
Nguyen V. Pham & Minh-Thu Dao
Gordon Chin & Jade Tang
Daniel J. Loveland & Jacqueline Soo
Rajiv & Bhawana Adhikary
5 Ketch Lane Realty Trust
Weibin Gong & Qihong Huang
Petros W. Klisiaris
Latifa Hakim

282 Billings Road
69-71 Quincy Shore Drive
10 Ricciuti Drive, Unit 5
105 Centre Street, Unit 105
22 Ridgeway Street
100 West Squantum Street, Unit 617
75 Cleverly Court
299 Common Street
5 Ketch Lane, Unit 49
11 Craig Avenue
8 Brae Road
131 Wilson Avenue

Citing Rising Healthcare Costs, Sen. Keenan Calls For MAC Act Passage

Referring to its potential to help South Shore businesses recover from financial burdens of the pandemic, state Sen. John Keenan has called on the passage of the More Affordable Care Act (S.782).

"Even before we entered a global public health crisis, small businesses in my district and across the Commonwealth struggled to offer their employees affordable health insurance," Keenan (D-Quincy) said at a recent legislative briefing. "Passing the MAC Act would help ease the financial burden of health care for countless Massachusetts residents and employers."

Cont'd On Page 28

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Bridge Open By Year's End

Cont'd From Page 1

Burgin Parkway will reach Full Beneficial Use by the end of 2021. Please note that the work is weather dependent and subject to change," Pennucci wrote in an email.

Once open, the Generals Bridge will connect Burgin Parkway to General Dunford Drive, formerly known as Cliveden Street, which links to the new city-owned garage on the former Hancock Lot.

The new bridge will have one 11-foot travel lane in each direction, plus a five-foot shoulder, and a sidewalk. Motorists will only be allowed to take a right-hand turn onto the bridge and a right-hand turn off it.

The bridge and nearby Generals Park, which were both dedicated during a ceremony on Sept. 11, honor 18 generals with ties to Quincy who have served the United

States since the country's inception. Seven of the generals, who have served since World War II, are honored with statuary within the park.

The park includes life-size statues of three four-star generals: Joseph Dunford Jr., James McConville, and Gordon Sullivan. Four generals have busts within the park: Francis McGinn, Ronald Rand, the late Stephen Keefe Jr. and the late Charles Sweeney.

All five living generals spoke during the dedication ceremony, along with guests who spoke on behalf of the two late generals.

"I think the generals honored here today are simply links in a long chain of men and women from Quincy who have sought to make a difference by living a life characterized by service," said Dunford, who served as the chairman of the Joint

Chiefs from 2015 to 2019.

"If you look at it that way, the bridge and the park are less about recognizing any of us as individuals and more about highlighting the values and the traditions that are most important to Quincy, Massachusetts."

The state is paying for the construction of the bridge and related roadwork on Burgin Parkway, totaling about \$10 million.

The city paid the roughly \$25 million cost for improvements in the area of the former Ross Lot, including new and improved roadways – General Dunford Drive and General McConville Way – and new subsurface infrastructure. Those funds were set aside in a \$61 million district-improvement-financing bond city councillors approved in June 2019 that will be paid back with new tax revenue generated in Quincy Center.

Quincy Point Congregational Church

Sunday, Oct. 8 at 10 a.m. there is in-person worship at Quincy Point Congregational Church, 444 Washington St. and it will also be streamed live for people at home. The live broadcast will have a feed to YouTube, Facebook and Vimeo.

The church sanctuary is accessible to all with designated parking and an elevator via the Abbey Road side of the church.

On Sunday, Oct. 31 after the 10 a.m. worship there will be pumpkin carving and a pizza fest on Halloween. This event is for all ages and levels of skill. Are you nervous about wielding a carving knife? No fear – just draw on your pumpkin with provided sharpies and our skilled knife wielders (all adults) will carve your design for you.

Judy Morris will be making "spooky" pizza.

First Baptist Church

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy is open for everyone.

For those who have not fully vaccinated, continue to wear mask and safe distance. However, on-line worship will continue.

The church online dial-in/Zoom weekly meeting schedule: (visit the church website: <http://firstbaptist-churchofwollaston.org/>)

- Sunday 9:30 a.m. Vietnamese Worship Service at

will be a concert, followed by a fair preview. The concert features the musical and instrumental talents of QPCC soloists, members of South Shore Piano School and students of South Shore Children's Chorus.

On Dec. 4 the fair will take place from 9 a.m. to 3 p.m. More details to follow.

Chamber Hosts Ribbon Cutting Ceremonies



RIBBON CUTTING CEREMONY was recently held to mark the opening of a new office building at 218 Willard St., Quincy. The building was developed and built by Sean and Scott Galvin. From left to right: Tim Cahill, Quincy Chamber of Commerce; Ward 4 Councillor Brian Palmucci, Councillor at-Large Noel DiBona; Janet Batson, The Galvin Company; Scott Galvin, Galvin Construction; Mayor Tom Koch, Sean Galvin, Galvin Construction; Maureen Geary, Quincy Planning Department; Quincy Planning Director Jim Fatseas and Jim Scribbi, Planning Department.

Photos Courtesy Lisa Aimola/City of Quincy



ANOTHER RIBBON CUTTING was recently held for the opening of a new gift shop called William James Gifts located in the Cliveden Building at the corner of Hancock Street and General Joseph F. Dunford Drive in Quincy Center. From left to right: Ward 5 Councillor Chuck Phelan; Janet Batson, Scott Galvin, Mayor Tom Koch, Nolan McPherson, Sean Galvin, owner Calli McPherson, Clery McPherson, Chris McPherson and Tim Cahill, Quincy Chamber of Commerce.

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On Sept. 30, at approximately 4:41 p.m., Officer J. Paccioretti and other units responded to the Home Depot on Willard Street on a report of a suspicious white van in the parking lot. Dispatch informed responding units that they had received several reports that crying could be heard and movement could be seen from the van.

Dispatch provided the New Hampshire license plate of the van. When Officer Paccioretti arrived on scene, he observed a white Ford Econoline van backed into a parking space on the Willard Street side of the parking lot. The van had no front plate and a cardboard "FOR SALE" sign in the windshield that obstructed the view of the interior. Officer Paccioretti exited his patrol car and approached the van on foot. He did not observe anyone in the driver seat or the passenger seat. The windows of the doors on the passenger side of the vehicle were covered and Officer Paccioretti could not see in the cargo area.

Suddenly, the rear door opened and a white male stepped out onto the guard rail behind the vehicle. The male shut the door behind him and jumped down the stone embankment to Willard Street. Officer Paccioretti immediately opened the side door of the van to see if anyone was inside. The van had no other occupants. Officer Paccioretti then went to the guard rail to look down to Willard Street which is approximately 15 feet below the lot. He observed the suspect run

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

across Willard Street to Rogers Street. The suspect briefly looked back at him and then continued to run. The suspect then continued on Rogers Street towards Perkins Street and out of sight. Officer Paccioretti observed that the suspect was a white male with short dark hair wearing a gray t-shirt, black sweatpants with red stripes on the legs, and glasses. The suspect was approximately 5'11" tall and weighed approximately 180 lbs.

Dispatch informed Officer Paccioretti the vehicle was reported stolen. Officer Paccioretti radioed a description of the suspect and his last location to dispatch. Additional units responded to the scene to search for the suspect. K9 Officer C. Donovan, and his K9 partner, Hodor, began a K9 search at the location. Officer Paccioretti last saw the suspect. While inventorying the stolen MV, Officer Paccioretti recovered three prescription bottles and a Dinwiddie County VA Deputy Sheriff's badge from the vehicle. The remaining contents of the vehicle were inventoried and the

vehicle towed by Biondini.

After the vehicle was towed, Officer Paccioretti joined the search for the suspect. K9 Officer C. Donovan reported he had a suspect detained in front of 171 Cross St. Officer Paccioretti responded to Officer Donovan's location. He immediately recognized the person Officer Donovan had detained at the suspect he had observed get out of the van and run away. Officer Donovan read the suspect his Miranda rights. The suspect stated that he was in the van crying because his wife had left him. Officer Paccioretti informed him that he was under arrest for Receiving a Stolen Motor Vehicle. A search of the suspect recovered a plastic corner bag that contained a white powder believed to be cocaine. The suspect stated that the pants he was wearing were not his and the powder was not his.

The 47 year-old male from Braintree was transported to the Quincy Police Station where he was booked in the usual manner. A Drug Unit detective took custody of the white powder. The detective conducted a field test on the substance and it had the presumptive presence of cocaine. The suspect was also charged with Possession Class B (cocaine). The cocaine was logged into drug evidence. The Deputy Sheriff badge was also logged into evidence. The medication located in the van was placed into the suspect's property. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, SEPT. 24

SPEAR STREET. Unknown party broke into house, happened three days ago. Took a gold necklace from upstairs. Two sisters on scene right now to meet officer.

VALDALISM/PROPERTY (car), 1:41 p.m., Success Driving School, Billings Road. Would like to see an officer.

LARCENY (wallet), 3:40 p.m., Furnace Brook Parkway. \$400 in wallet. Was pumping gas and when he returned his wallet was gone. In police lobby. MA OLN and employment authorization card in wallet. Report to be filed.

BREAKING AND ENTERING (past break), 5:10 p.m., Totman Street. Caller has suspect info of a person who entered her son's car, went into her garage and stole something from their mailbox. Report to be filed.

VALDALISM/PROPERTY (vehicle), 8:48 p.m., Sea Street. Party is in the lobby, has suspect information. Report to file.

VALDALISM/PROPERTY (broken fence), 11:46 p.m., White Street. Reporting party states a group of youths just smashed his fence. He thinks they are sitting at O'Rourke Field on bikes now. Youths gone on arrival, fence has some damage.

SATURDAY, SEPT. 25

ARMED ROBBERY (just occurred), 1:11 a.m., Cathay Pacific, Hancock Street. States happened 15 minutes ago. Caller fled after the fact and is now in the parking lot of Dominos in a blue Jetta. States he was robbed by two males with at least one firearm. Skinny black male approximately 5'10", black hoodie, black hat. Witness saw someone get into a black Jeep Cherokee and fled over the bridge into Boston. Report filed.

BREAKING AND ENTERING/ATTEMPT, 7:13 p.m., Colonial Drive. Back porch glass break. Attempted B&E, report filed.

SUNDAY, SEPT. 26

BREAKING AND ENTERING (back door broken), 1:10 p.m., Elm Avenue. Came in from back door. Money missing from bedroom. See reporting party on scene now.

MONDAY, SEPT. 27

VALDALISM/PROPERTY (black Acura sedan), 2:15 p.m., McGrath Highway and Spear Street. Window smashed in back, no one around - no owner in sight. Bank was concerned, just happened. No one saw anyone involved. Parked legally no victim no suspect.

VALDALISM/PROPERTY (car keyed), 4:41 p.m., Monmouth Street. Caller's driver's side door was keyed over the weekend at Porchfest. Case number provided.

TUESDAY, SEPT. 28

LARCENY (locker), 4:33 p.m., YMCA, Coddington Street. Caller said someone cut off his locker and stole his stuff that was inside the locker. See caller in the QPD lobby. Report filed.

VALDALISM/PROPERTY (possible head injury), 11:54 p.m., Spear Street. Caller said it as a false alarm and then hung up. Caller said he dialed 911 because there was someone there with head trauma. They said the person has since left. A male party destroyed the bathroom and may be injured. PT to Carney Hospital. Report submitted on wanton damage, no complaint at this time.

WEDNESDAY, SEPT. 29

VALDALISM/PROPERTY (on several cars), 6:41 a.m., Waterston Avenue. Ketchup and mustard on several cars on the street. No suspect info, will be washed off. Case number provided.

VALDALISM/PROPERTY (vehicle), 9:06 a.m., Fax-on-Road. Vehicle there has mustard and spaghetti o's on it. Report.

VALDALISM/PROPERTY (larceny), 10:10 a.m., Rodman Street and Taber Street. Catalytic converter sto-

len. Report to be filed.

LARCENY (possible larceny of wallet), 6:48 p.m., Quincy Rehab Nursing Center, McGrath Highway. Patient missing wallet. Report filed.

LARCENY (packages), 7:35 p.m., Washington Street. See caller in police lobby has possible suspect info. Report filed.

THURSDAY, SEPT. 30

VALDALISM/PROPERTY (paint on car) 12:26 p.m., Waterston Avenue. Party provided with a case number.

BREAKING AND ENTERING/ATTEMPT (past), 3:31 p.m., Ring Avenue. House was empty overnight. Came to address today and door was wide open. No forced entry. Nothing missing. Report filed.

VALDALISM/PROPERTY (fence), 4:03 p.m., Walmart, Falls Boulevard. Fence at Walmart to the homeless camp was closed. The homeless have since damaged the fence to get through. Loss Prevention requested a CAD entry and a case number to provide Walmart's upper management. Manager at Walmart called to notify QPD that people have now cut the zip ties that were used to secure the fence area beside the garden center that leads to the wooded area.

LARCENY (phone, wallet and car keys), 5:20 p.m., Marshall's, Newport Avenue. Reporting party states someone stole his phone, wallet and car keys. Reporting party will be at the front of the store. Report filed.

Total Calls for Service: 1,187

Breaking & Entering Attempt: Ring Avenue, Colonial Drive

Breaking & Entering Past: Totman Street, Spear Street
Breaking & Entering MV: Granite Street, Carruth Street, Merrymount Road, Clive Street, Edwin Street



22 Locations

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Quincy Access Television

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www.qatv.org

617-376-1440

617-376-1441



Public Access Channel 8

Thursday, October 7
6:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, October 8
11:30am: LIVE: Currently in Quincy
7:00pm: LIVE: NQHS vs. Scituate Football

Saturday, October 9
12:00pm: On the Road with Jazzy Bill
7:00pm: The Call

Sunday, October 10
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, October 11
12:00pm: Generals Bridge Dedication
7:00pm: QHS vs. Silver Lake Boys Soccer 10/16

Tuesday, October 12
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, October 13
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, October 7
4:00pm: Board of License Commissioners 9/28
6:00pm: At Your Library: October Happenings
6:30pm: Zoning Board of Appeals 9/28

8:00pm: TCPL: Cooking with Colin: Soups

Friday, October 8
7:30pm: In the Know: Norfolk County Sheriff's Office
8:00pm: At Your Library: October Happenings

Saturday/Sunday, October 9/10
9:30am: TCPL: Black Oscars: From Mammy to Minny
12:00pm: Quincy City Council 10/4

2:00pm: Quincy Symphony & Quincy Choral Society

3:00pm: Concerts at the Crane: Alex Minasian Trio

7:00pm: Quincy City Council 10/4

Monday, October 11
7:00pm: TCPL Presents: Legacies of 1620
8:30pm: TCPL Presents: 1620 - The Year of Contact

Tuesday, October 12
4:00pm: LIVE: Board of License Commissioners

5:30pm: LIVE: Zoning Board of Appeals

Wednesday, October 13
6:00pm: In the Know: Norfolk County Sheriff's Office

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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Council OKs New Ward, Precinct Lines; Effective 2022

Cont'd From Page 1

The map will next be sent to state officials for final approval, City Clerk Nicole Crispo said Monday. By getting the map into the state before the end of October, state lawmakers will be able to use the new ward and precinct lines when they draw up legislative and congressional districts, she explained.

Some 16,500 Quincy residents, including 4,500 registered voters, will switch precincts or wards once the new maps come into effect, Crispo said during the council meeting. Those residents who will be impacted will get notices in the mail ahead of the September 2022 state primary election, which is the first election scheduled to take place under the new maps. (The ward and precinct lines first put in place in 2011 will be used for next month's municipal election.)

Crispo had first presented the new map to the Board of Registrars on Sept. 28, and the board approved it in a unanimous vote. The public had been invited to comment on the map at that meeting.

Earlier this year, Crispo

told city councillors additional precincts may be needed given Quincy's population growth over the past decade. No new precincts were added, however.

"Our elections are busy, busier than ever," Crispo explained at the registrars meeting. "We have over 64,000 voters in the city. There are options available and people are taking advantage of them as far as early voting, in-person voting, absentee voting."

"So, we didn't feel that this was necessarily the time to be adding precincts, especially where it is so hard to find polling places and staff to work on Election Day."

The city will actually lose one precinct, moving from 31 back to 30, next year. Ward 2, Precinct 3A – which includes a single tower within the housing complex at 1000 Southern Artery – will be folded into Ward 2, Precinct 2.

The new precinct map was unveiled about a month and a half after the federal government released community-level data from the 2020 census that found Quincy's population had grown to 101,636, up from 92,271 in 2010.

The 30 new precincts each have a target population of 3,388 residents and are allowed to vary by up to 5 percent in each direction – meaning the minimum population of each is 3,219 and the maximum population is 3,557.

Crispo on Monday said the map was drawn starting at the city limits and working inward.

"We did try to work on the edges of our community, all around the water and around the Blue Hills, and come into the middle and that is how we came to this map, and I think it is a good map," she said.

"I'm really proud of it. I think that you have your diverse sections, you have your neighborhoods all still intact."

City Council President Nina Liang thanked Crispo and her staff for the work they put into both the 2020 federal census and the reprecincting effort.

"I know well before the census came out in 2020, well before the pandemic, there was lots of planning that you had put into all of this and obviously having to adjust for that during the pandemic, making sure

that everyone was counted, I think it is an incredible feat to be able to get these kind of results in – to know that we have now exceeded 100,000 folks here in the city," Liang said.

"Certainly there are some folks that still aren't counted, but just to see the increase in numbers and the accuracy of the work you have produced – I said this to you before in private but

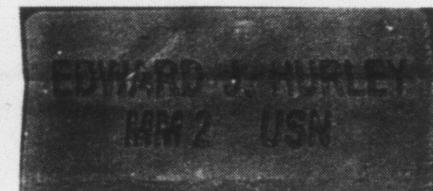
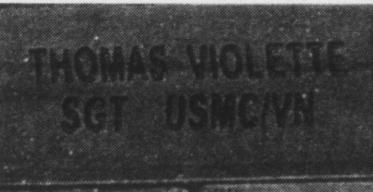
I certainly love this opportunity to say 'I don't know how you did it.' I am exceptionally proud of the work you have put out for this city, so thank you so much."

Color Map Of Precinct Boundaries That Take Effect 2022 On Pages 18-19



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2

Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for PHASE 2 are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026



Nice Guys Don't Finish Last...

"Nice guys finish last" is a commonly used phrase that carries a negative connotation. But what does it mean?

Simply put, it is the idea that men who are kind, emotionally sensitive, and caring towards others aren't aggressive or competitive enough to establish interest from a romantic partner. This reinforces the misconception that being nice and respectful is equivalent to being passive or a pushover.

The problem with this phrase is that it supports the idea that being aggressive is an attractive quality. However, aggressiveness often comes with controlling, jealous and possessive behaviors, which are never desirable qualities.

Assertiveness, rather, is always an attractive quality in a partner. Assertive partners are kind, thoughtful, respectful, direct, honest and confident. With rates of abuse being present in 1 out of 4 high school relationships, we need to be thoughtful about the messages we send to young people about what is healthy, unhealthy and abusive.

TV and movies portray drama, toxicity and violence as normal and even exciting elements of relationships. It is important that we counteract these messages with healthy relationship qualities like stability, respect, kindness, love, space, individual identities and trust. Check out DOVE's website for more information on healthy relationships.

Please visit our website to learn more ways that you can get involved: www.dovema.org

24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)
Community Advocacy & Prevention Services 617.770.4065

Councillors Want State To Enforce Truck Bans

By SCOTT JACKSON

City councillors want the state to enforce existing commercial traffic bans on both Furnace Brook Parkway and Quincy Shore

Drive.

Councillors on Monday unanimously approved a resolution — authored by Charles Phelan Jr., Noel DiBona, William Harris,

Anne Mahoney and Brian Palmucci — asking the Massachusetts Department of Conservation and Recreation, which own both

Cont'd On Page 22

Fire Department Open House Saturday

The Quincy Fire Department will host an open house this Saturday as part of Fire Protection Week.

The open house will take place from 10 a.m. to 1 p.m. at departmental headquarters, 40 Quincy Ave. Everyone is invited to attend.

This year's open house

will focus on educating the public about the sounds of fire prevention — meaning the sounds smoke and carbon monoxide detectors make. That was chosen as the theme for Fire Prevention Week, which is observed nationwide.

Other city departments

and vendors are expected to in attendance during Saturday's open house.

As part of Fire Prevention Week, Quincy firefighters have also been visiting the city's public schools to teach children about smoke and carbon monoxide detectors.



**The Quincy Fire Department wants your home
to be safe from fire hazards.**

**This October call the Quincy Fire Department
to have a firefighter check and/or install
new smoke/carbon monoxide alarms
in your home.
Alarms are FREE.**

**Call 617-376-1016 to make your appointment
today and to learn more.**



EDUCATE PREPARE PREVENT

CITY OF QUINCY, MASSACHUSETTS

OCT

7

2021

QHS Presidents Hockey Kicks Off School Year



QUINCY HIGH SCHOOL Hockey players had a kick-off to the school year and season at Merrymount Beach Association Sept. 11. Players came together to play corn hole and Kan Jam on a beautiful day. Quirk Ford has been supporting the team for many years and provided the team t-shirts and Jerry from Gennaros provided the team lunch. Front row left to right: Ronan Healy, Jerry Caldwell, Will Martin, Cole Quigley, Joe Curtin, Will Curtin; middle row: Sean Andrews, Teddy Lynch, Joe Hennessy, Tyler Larsen, Chase Quigley and Tom Curtin; and back row: Spencer Stebbins, Pat Walsh, Danny Freeman, Timmy Kelly, Cooper Hennion and Zach Galligan.

Photos Courtesy Nicole Healy



QUINCY HOCKEY team Captains (left to right) Will Martin, Cam Quigley, Zach Galligan, Joe Hennessy and Tim Kelly.

CANDIDATE NIGHTS

HOSTED BY THE
QUINCY DEMOCRATIC CITY
COMMITTEE

The future of the city rests in your hands.
Meet the Candidates and prepare
for Election Day - Tuesday, November 2nd.

October 12: Candidates for School Committee
6:45 PM - 8:30 PM

October 14: Candidates for Ward Councilor
6:30 PM - 8:30 PM

October 21: Candidates for Councilor at Large
7:00 PM - 8:00 PM

Doors open at 6:30 PM

617-451-1212 or
www.qdc.org

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10 High Impact Tulips To Delight Your Neighbors

By MELINDA MYERS

Big, bold and beautiful, these dazzling tulips are sure to brighten your gardens and neighborhood. Include a few or all ten to create a colorful display throughout the spring that is sure to delight you and everyone who passes by.

Welcome spring with Red Emperor, one of the earliest tulips to bloom. It's not surprising it has remained popular for more than 80 years. Also known as Madame Lefebvre, this heirloom tulip features extra-large, bright red blooms with a golden yellow base. As the flowers mature, they can be up to seven inches across.

From heirloom to flashy, it is easy to see why Mon-sella is one of the most popular tulips. The early blooming double flowers have fragrant layers of canary yellow petals with bold red stripes. A great choice for containers.

As early spring tulips begin to fade, the mid-spring varieties take center stage. To help plan for continuous color throughout the spring, consult Longfield Gardens' Planning Guide for Tulips.

Tulip Ad Rem has scarlet red petals edged in golden yellow. As with other Darwin Hybrids, the flowers are enormous and this one also has a nice fragrance.

Blushing Apeldoorn is another mid spring bloomer with extra-large flowers. The blend of yellow, gold, orange and red on each flower make it a standout in any landscape. Plant the bulbs en masse to create a stunning display or pair them with daffodils to extend the show.

Change things up in mid to late spring with the hot pink flowers of Cosmopolitan. The goblet shaped fuchsia flowers are held high on 18 to 20" stems. Be sure to plant extras for spring flower arrangements.

Team up Cosmopolitan with the violet-blue flowers of Purple Flag. Or shake things up by pairing this lovely purple tulip with flowers that bloom in its complementary colors yellow and orange.

As temperatures climb, the late blooming tulip Sky High Scarlet really shines. Its huge tomato red blossoms hold up well despite the heat that often shortens late spring tulip displays.

You and your neighbors will enjoy watching the transformation of World Expression tulips. The flowers start out soft primrose yellow with scarlet red flames. As the blossoms mature,



WORLD EXPRESSION TULIP'S flowers transform from a soft primrose yellow with scarlet red flames to a whiter version of the blossom with flames of cardinal red.

Photo courtesy of Longfield-Gardens.com

the petals whiten, and the flames deepen to a cardinal red.

Add a little Midnight Magic to your late spring garden. This double late tulip has multiple layers of petals in a blend of burgundy and garnet. Pair it with white for a formal look or energize the display by combining it with orange and yellow blooms. Be sure to cut a few of these large, rose-like flowers and enjoy their fragrance.

End the tulip season with a blaze of color. Sun Lover features vibrant orange petals with stripes of deep orange and red. The flowers open wider and wider each day and are a dramatic addition to any bouquet.

Order tulip bulbs in late summer for the best selection. Shipping starts in early fall and once the bulbs arrive, they should be stored in a cool, dark place until you plant.

Tulips grow best when

the bulbs are planted in late fall, after the first hard frost and before the ground freezes. Those in mild climates (zones 8-10) will need to pre-chill their tulip bulbs in the refrigerator for 10 to 14 weeks before planting in the garden.

Once your tulip bulbs are in the ground, you can relax and wait for the beautiful spring tulip display. Your neighbors are sure to thank you for this colorful addition to the block.

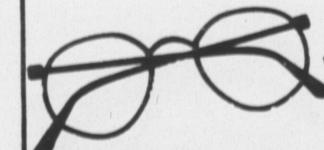
Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her web site is www.MelindaMyers.com.

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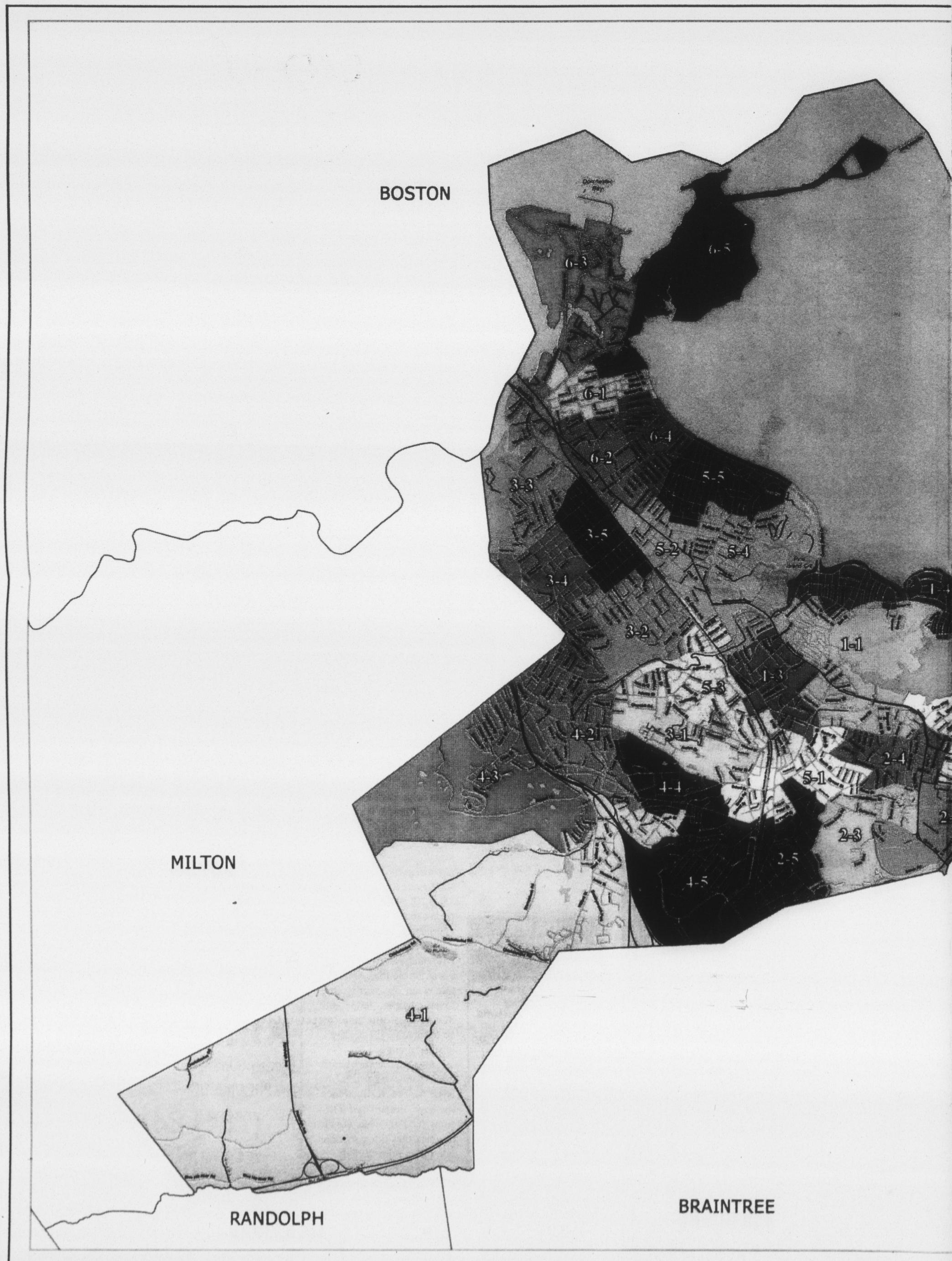
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Quincy City Council OKs New Wa

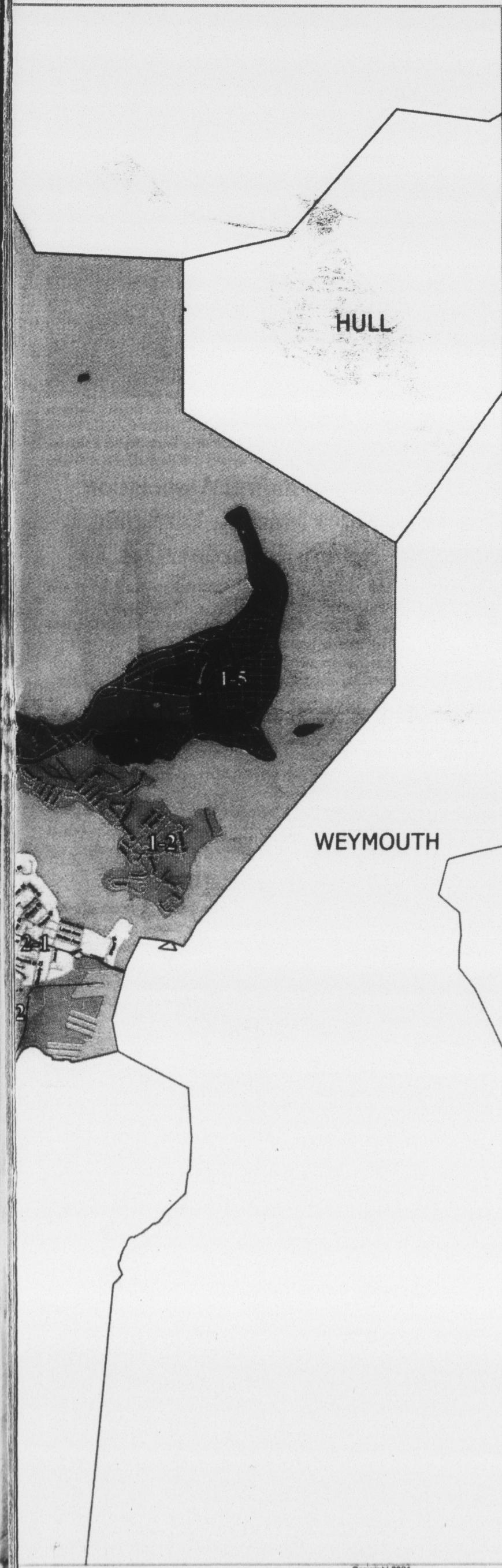


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rd, Precinct Lines; Effective 2022



City of Quincy



Map Prepared for the City of Quincy
Courtesy of William F. Galvin, Census Liaison
Secretary of the Commonwealth

2020 Population -- 101,636

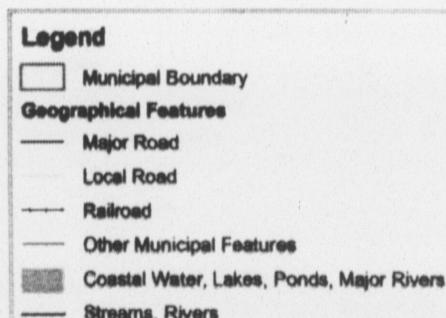
Minimum 5%	Target Population	Maximum 5%
3,219	3,388	3,557

Precinct Boundaries Quincy

Ward / Precinct	2020 Population	Variance
1-1	3,401	0.38
1-2	3,395	0.21
1-3	3,434	1.36
1-4	3,259	-3.81
1-5	3,392	0.12
2-1	3,418	0.89
2-2	3,534	4.31
2-3	3,376	-0.35
2-4	3,519	3.87
2-5	3,486	2.89
3-1	3,276	-3.31
3-2	3,406	0.53
3-3	3,285	-3.04
3-4	3,230	-4.66
3-5	3,342	-1.36
4-1	3,407	0.56
4-2	3,515	3.75
4-3	3,492	3.07
4-4	3,515	3.75
4-5	3,447	1.74
5-1	3,538	4.43
5-2	3,241	-4.34
5-3	3,480	2.72
5-4	3,358	-0.89
5-5	3,312	-2.24
6-1	3,471	2.45
6-2	3,298	-2.66
6-3	3,239	-4.40
6-4	3,323	-1.92
6-5	3,247	-4.16

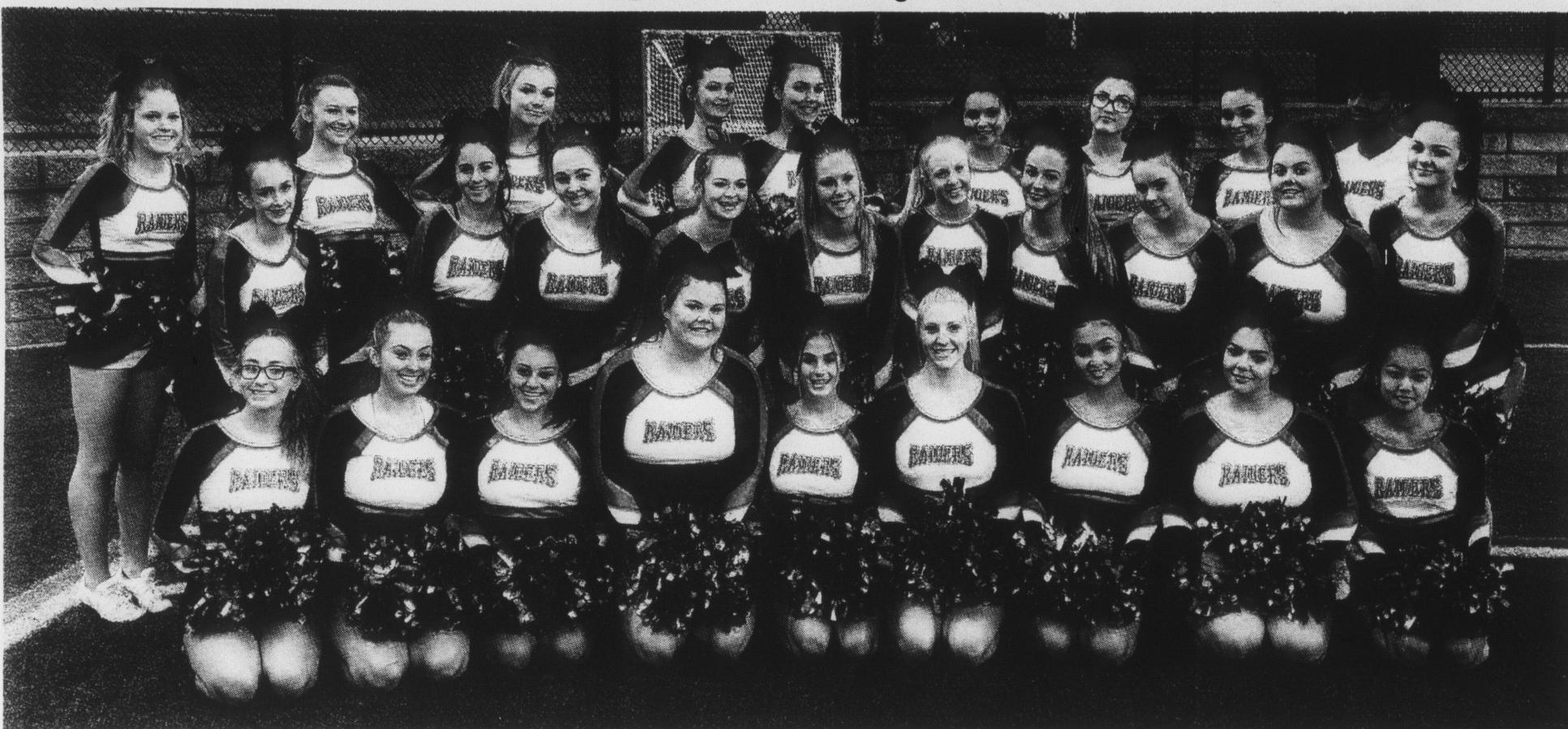
Population is based on the official U.S. 2020 Census block-level data.

Boundaries effective December 31, 2021



0.75 0.375 0 0.75
Miles

Rah Rah Raiders! NQHS Varsity Football Cheerleaders



NORTH QUINCY varsity football cheerleaders are leading the cheers for the Raiders' football team this season. Front row (left to right) are Mia Ryan, Taylor Ferolito, Maeve Dugan, Kathryn Boylan, Kaylee Sleiman, Dawn Folan, Jaclyn Nguyen, Kayla Lindsay and Vanessa Guan. Middle row: Emma Cramond, Julianna Currie, Ava Coffey, Mary Stanton, Bridget Capone, Norah Cronin, Katelyn Craig, Morgan Calvert, Emma Boylan and Sophia Kyrnais. Back row: Annie Hays, Delaney Djerf, Brooklyn Geary, Alanna Lynch, Maddie Smith, Fallon Scott, Sophia Palermo, Brigid Burke and Colby McIntosh.

Quincy Sun Photo/Robert Bosworth

AAA: Massachusetts Gasoline Prices Up Two Cents

Massachusetts's average gas price is the same as last week, averaging \$3.10 per gallon. Monday's price is 2 cents higher than a month ago (\$3.08), and \$1 higher

than Oct. 4, 2020 (\$2.10). Massachusetts's average gas price is 10 cents lower than the national average.

"Global economic uncertainty and supply chain con-

cerns caused by the lingering COVID-19 pandemic could be playing a role in keeping crude oil prices elevated," said Mary Maguire, AAA Northeast Director of Public

Affairs. "But there may be some relief on the horizon due to the news that OPEC and its allies might ramp up production increases faster than previously agreed."

AAA Northeast's October 4 survey of fuel prices found the current national average to 2 cents higher than last week (\$3.18), averaging \$3.20 a gallon. Monday's national average price is 2 cents higher than a month ago (\$3.18), and \$1.02 higher than this day last year (\$2.18).

Quincy Youth Hockey Director

Jay Ronan Receives Annual Award

Quincy Youth Hockey announces Jay Ronan, director of Hockey, has been recognized as the 2020-2021 "Outstanding Director of the Year."

This award was given by the South Shore Conference at its annual awards meeting in August.

The South Shore Conference includes over 20 hockey programs, and Quincy Youth Hockey sincerely appreciates the recognition among so many other excellent programs.

"In as much as my name was on the award for Director of the Year, it was truly the effort of everyone on this board over the last

Quincy Youth Hock-

ey extends thanks to Jay Ronan, director of Hockey, the QYH Board of Directors, and all of its members and skaters for their continued help and support in making this program great.

Woodward School Sports Highlights

The Woodward Wildcats rolled to their second consecutive victory Sept. 27 with a commanding 11-3 win over visiting Commonwealth School of Boston at the South Shore Sports Center, Hingham. Elizbeth Kowalski '26 (of Braintree) scored the first of her seven goals at the three-minute mark, setting the tone of the game. Four additional goals were scored by: senior Lillian Donovan - two goals (of Braintree), junior Taylor Mendes (of Milton), who celebrated her

birthday with a goal and played an overall great game both offensively and defensively, and eighth grader Beatrix Cohen-Raymond (of Milton) who scored her second goal of the season. Laila Whyte (Boston) had another stellar performance as goalkeeper. The defensive play of Juniors, Jackie Andrade (Quincy) and Justine Redinger (Dorchester), and Sophomore Brianna Francois (Boston) lifted-up the entire Team.

On Sept. 29 at the Sports

Merrymount Association Flea Market, Yard Sale Set For Saturday, Oct. 16

The annual Merrymount Association Flea Market and Neighborhood Yard Sale will be held Saturday, Oct. 16.

Set up begins at 8 a.m. and the spots are first come, first served. Market begins at 9 a.m. and ends at 1 p.m.

Association members can set up at the Beach or at their house in the neighborhood.

The non-refundable registration fee for set up at the beach is \$30 for non-Association members and \$15 for Association members. The fee for setup at home in the neighborhood is \$10.

Register and pay here: <http://www.merrymountquincy.com/events.html>

If setting up at Merrymount Beach, vendors are responsible for their own table, chair, etc. No leaving of goods at the beach or disposal in the dumpster after the event.

Why cook when you could eat out and raise money for
North Quincy High Boys Golf Team!
RESTAURANT FUNDRAISER

BRICK & BEAM
TAVERN



Join us at BRICK & BEAM Tavern on Monday, October 11th anytime from 4:00 PM til close and a portion of sales will be donated to the NQHS Boys Golf Team.

705 Adams ST, Quincy Dine In or Takeout
Remember you MUST mention to your server North
Quincy High Boys Golf in order for the program to benefit!



WOODWARD SCHOOL Wildcats soccer team (Photo Courtesy The Woodward School)

OCT 7 2021

Quincy Volleyball Sweeps S-L, Improves To 9-1

By TOM JOYCE

The Quincy girls volleyball team swept Silver Lake 3-0 at home Monday to improve to 9-1 on the season. While the beginning of the sets were competitive, the Presidents found ways to pull away and win.

Both teams competed hard in the first set and while the Presidents found some success early, Silver Lake fought back. The Presidents had a five-point scoring run that put them up 10-5 with junior Tiffany Le serving; she got a couple of aces during the stretch. However, Silver Lake countered by taking six of the next seven points, tying the set at 11 apiece.

A hitting error against Silver Lake then gave the Presidents a one-point lead and a serving opportunity. The teams continued to trade points and the set was

tied several times, including at 20-20. Then the Presidents broke loose; senior Colleen Moran had a kill that started a 4-0 run. The Presidents won the set 25-21 with the game point coming on a hitting error against the Lakers.

The second set was also competitive early. It was tied 8-8 through the first 16 points, but then the Presidents got the edge. A hitting error against Silver Lake and back-to-back kills from junior Annika Schmitt gave them a three-point lead. While Silver Lake made it a one-point set, 14-13, a serving error gave the Presidents some breathing room. The two teams then traded points and then the Presidents broke loose; they finished the set on an 11-0 scoring run with Schmitt serving on 10 of those 11 points. The opposition had a hard time

returning her serves and called a timeout when trailing 20-14. It didn't work. Le got a kill for the next point and the momentum continued for the Presidents. Silver Lake could not return Schmitt's final serve of the set, so they lost 25-14.

While the two teams traded points early in the third set, the Presidents separated themselves in the second half of it. With the set tied at seven apiece, the Presidents capitalized on a hitting error from Silver Lake and regained possession. They went up by three points on a kill from senior Leila Akhouzine and a serve from junior Bridget Hoare that the opposition failed to return. The Presidents would end up pulling away when it became a 13-10 set. Once they regained possession, they went on a 6-0 scoring run with senior

Mona Ly serving; Moran had the kill that put them up 19-10 and forced a Silver Lake timeout. There wasn't enough time left in the set for Silver Lake to recover; the Presidents went on to win it 25-16.

The win put the Presidents on a six-match winning streak. Their last loss following the Silver Lake match was against the Duxbury Dragons on Sept. 20; the Presidents lost that one 3-0. Since then, they had won five of their last six matches by a score of 3-0. The exception came in a tight 3-2 win over Hingham on Wednesday, September 29.

Silver Lake's team includes two boys on its roster. The reason why the Lakers can have boys play for them is because of a 1979 Massachusetts Supreme Judicial Court ruling called

Attorney General v. Massachusetts Interscholastic Athletic Association. In it, The ruling stated that under the Massachusetts Equal Rights Amendment, the MIAA could not prohibit male participation in girls' sports and female participation in boys' sports when there was no equivalent team at school for a member of that sex.

Since the Presidents have a boys' volleyball program, that means they cannot have boys play for their girls' team; the same is true of the North Quincy High Raiders, who also have a boys' volleyball program.

The next match for the

Presidents will take place this Friday, Oct. 8 on the road against Plymouth North (5:15 p.m. start time).

The roster for the Presidents this season includes: freshman Alyssa Hopps, junior Annika Schmitt, senior Thu Luong, senior Elise Roche, senior Colleen Moran, sophomore Paige Mann, junior Maggie Lynch, junior Bridget Hoare, junior Tiffany Le, sophomore Mary Saccoach, senior Madeline Mayo, senior Leila Akhouzine, senior Emma Glavin, senior Lucy Lynch, senior Mona Ly, and junior Kelly Phu. Their head coach is Jacqui Niosi.

Quincy-North Quincy Cross-County Vs. Hanover Sept. 29 Patriot League Fisher Division

Pageant Field, Merrymount Reservation

Distance 2.5 miles, JV 1.35 miles
Boys Score: QNQ 20 Hanover 40
Girls Score: QNQ 23 Hanover 33

BOYS QNQ FINISHERS

1. Hatim Boukhtam 13:19 breaks course record
2. Robert Cannon 13:22 #2 fastest on course
4. David Schmidt 14:59 PR
6. Jonathan Bina 15:22 PR
7. Kyle Clements 15:36
8. Matt Hollatz 15:50 PR
10. Peter Cooney 16:23 PR
12. Patrick Lee 16:24 PR
13. Shane Faherty 16:30 PR
16. Liam Murphy 17:08 PR
17. Cam Griffin 17:13 PR
20. Cullen Quilty 17:35 PR
21. Zach Clements 17:51 PR
22. Richard Pan 18:03 PR
23. Trevor Mangino 18:04
25. Nathan Feldman 18:57 PR
26. Stevie Byrnes 19:40 PR
27. Dante Nguyen 20:02
28. Max Francouer 20:05
30. Lito Breslin 20:13 PR
- 33 Finishers

Records Hanover 1-1
QNQ 2-1

GIRLS QNQ FINISHERS

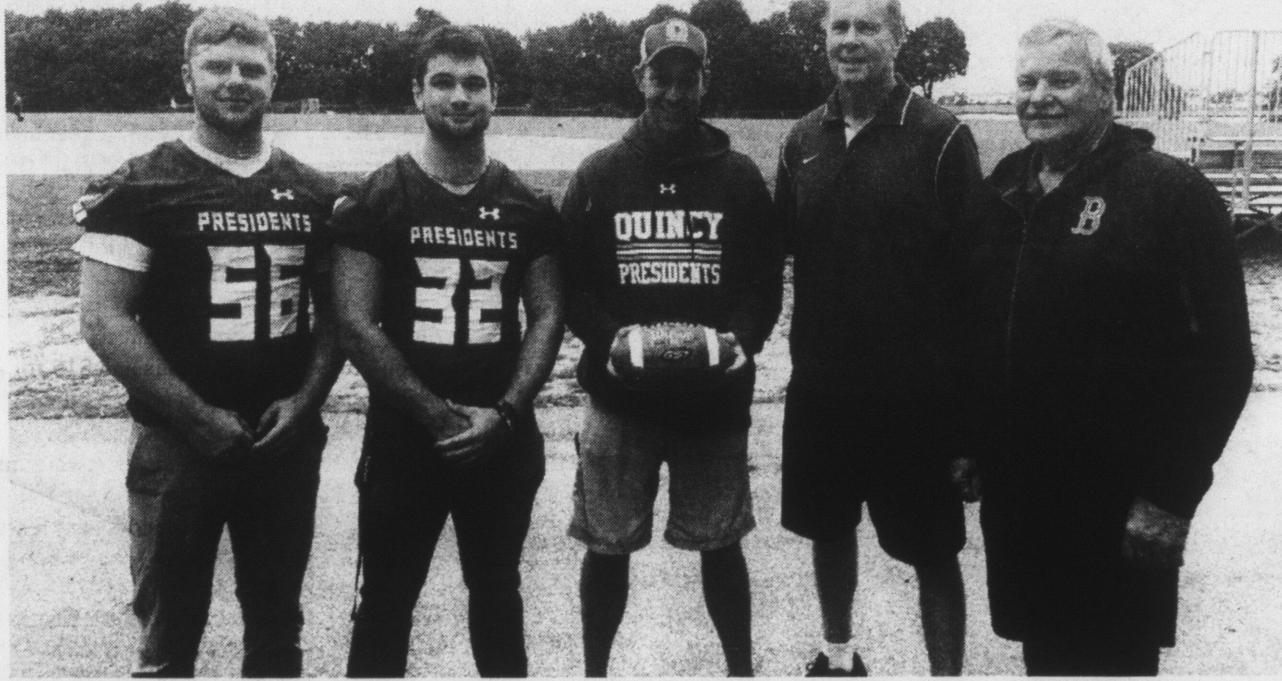
1. Salma Boukhtam 16:50 breaks course record
2. Aluna Coogan-Coyne 16:54 #2 fastest on course
3. Caitlin Cormican 17:15 PR
8. Victoria Mariano 19:09 PR
9. Jennie Burgess 19:13 PR
10. Sabrina Egan 19:43 PR
13. Ngan Vo 20:51
14. Sophia Cerone 21:02
15. Juliana DiBlasi 23:30
17. Chloe Fitzgerald 25:33
18. Finishers

JV Race 1.35 Miles

Alexandra Guia 11:21 PR
Ali DiRuzza 13:12 PR
Bassma Torky 15:46 PR
Mia Soto 17:33
4 finishers

Records HA 1-1
QNQ 2-1

Notes: QNQ ran at Plymouth South Oct. 5 and will participate in the Fort Devens Challenge on Saturday, Oct. 9.



MEMBERS OF THE Undefeated 1970 Quincy High Football team recently celebrated their 50 year Class of 1971 Reunion. Shown here are the captains of the 1970 team and Quincy Football Hall of Famers Bill Maver (2nd from right) and Bob Sylvia (far right), current Head Coach Kevin Carey (middle) with the 2021 QHS football captains Riley O'Connell (left) and Clayton Corley (second from left).

Courtesy Photo



QUINCY TRACK CLUB winners at the recent Brockton Kids races: from left to right Ben Giaquinto, Alex Giaquinto, Ritaje El Hachimi and Norhan El Hachimi.

Courtesy Photo

Councillors Want State To Enforce Truck Bans

Cont'd From Page 16
roads, and State Police to enforce the commercial traffic bans.

Councillors on Sept. 27 had approved an earlier version of the same resolution, which at that time only called for the enforcement of the commercial traffic ban on Furnace Brook Parkway.

At the Sept. 27 meeting, Phelan said smartphone apps like Waze are directing drivers of commercial vehicles to cut through Furnace Brook Parkway and abutting neighborhood roads, even though commercial trucks are prohibited from using the parkway.

"What I have had problems with is huge tractor-

trailers coming down Furnace Brook Parkway... taking turns off of Waze and going into neighborhoods. It let up a little during the pandemic but now it is starting to kick back up and there are huge delivery trucks that the street was never meant for," Phelan said.

"These tractor-trailers will come down side streets, get caught in the middle of the street, and you have a disaster."

Councillor Noel DiBona said he has heard from residents concerned about trucks on Furnace Brook Parkway and nearby roads over the past six years.

"You're talking about going down the side streets – they are also going down

do-not-enters and one-way systems sometimes. We have to prevent that from happening and I am happy that this is going forward," DiBona said on Sept. 27.

"I'm happy to see this come about and hopefully we can get this resolved as we move forward."

At Monday's meeting, Phelan said he was resubmitting the resolution – with Quincy Shore Drive added – based on feedback he received following last week's vote.

"I thought it would be important to amend and bring this back. Almost identical problems, after talking to some people in the neighborhood, happen on Quincy Shore Drive as

well. These streets were never meant [for] big tractor-trailer trucks and these huge delivery trucks that are coming down and taking a right and they are on some very narrow side streets," Phelan said.

"They shouldn't end up on these streets, but they do because there is a lack of enforcement on the commercial ban that is posted on both Furnace Brook Parkway and on Quincy Shore Drive."

Harris said the state needs to address the matter.

"This problem is actually worse than you can even imagine," he said Monday. "It really has to be dealt with."

Harris said he also plans

to submit a resolution at the council's next meeting on Oct. 18 regarding the street lights on Quincy Shore Drive – which he called a disgrace.

"If everybody was to get in their car and go there right now, it is pitch black in the middle of the rainstorm that we've got going on. It is absolutely a disgrace what the DCR has done and I know that members of this council have received numerous emails and calls –

and I know the number of calls all of us have made to the folks," Harris said. "You talk about being in the dark, it is absolutely crazy."

Daylight saving time is also ending in November, Harris noted, meaning it will get darker earlier in the evening.

"It's just not safe and I can't believe the DCR has allowed Quincy Shore Drive to not have the lighting done," he said.

Kennedy Center

Yuletide Newport Nov. 30th

proximately 7 p.m. with enlivened holiday spirits after a day visiting Newport and LaSalette. Cost is \$99 per person. Checks made out to Fox Tours.

Bus will leave Pageant

Field at 8:30 a.m. and return to Pageant Field at approximately 7 p.m. Pageant Field is located at 1 Merrymount Parkway. Payment in full due at time of registration, checks only.

Fox Tours is requiring that all travelers have a valid vaccination card in order to travel. Must be a Kennedy Center member to book the trip.

Call 617-376-1506 for more information.

Hundreds Of Volunteers Clean Up Trash Throughou Neponset River Watershed

On Sept. 25, more than 400 volunteers spread out across 13 different locations in Quincy, Dorchester, Hyde Park, Mattapan, Milton, Norwood, Canton, and Walpole to help clean up trash and debris along the Neponset River, its tributaries, and surrounding parks.

Managed by dedicated site captains and community leaders, the volunteers collected hundreds of pounds of trash in just a 3-hour period, including 402 trash bags of litter (bottles, cans, food packaging, plastics, masks, etc.), 280+ nip bottles, 92 tires, 51 hypodermic needles, 3 carpets, 2 shopping carts, 3 bikes, 34 Miller Highlife cans, 1 drone, 1 soccer ball, 3 dock floats, 2 large pieces of Styrofoam, 2 plastic buckets, 1 BBQ grill, 1 large drill bit, 1 tent, and 1 fender!

This year, the Neponset River cleanup included Bird Pond in East Walpole. According to site captain, Virginia Ryan, "Over 30 volunteers showed up in East Walpole for the first-ever cleanup of the Bird Pond section of the beautiful Neponset River. It was a wonderful crew, and we were very happy to have the help!"

NepRWA is extremely grateful for all the volunteers who participated in the cleanup.

"We are very fortunate to have so many volunteers that are willing to give up a Saturday morning to help clean up the River and surrounding areas," said NepRWA Executive Director, Ian Cooke. "Every year that we do this, I am humbled by the number of people who show up to help out. It's a great thing to see."



Pack 6 Cub Scouts Camping In Blue Hills

More than 50 cub scouts, their parents and siblings participated in their first overnight camping trip this year. Cubs from Pack 6 Quincy spent the weekend in the Blue Hills camping outdoors at the New England Adventure Base Scout Camp.

Cubs learned skills that they would not normally get to experience learning about the safe proper use of woods tools such as an axe, hatchet and a bow saw. Other activities during the day cubs were able to learn how to shoot a bow and arrow at the archery range and they also

were able to shoot paper targets with a BB rifle. Cubs were also able to be challenged by a giant rock wall to learn the skills of rock climbing. The camp uses this rock face to teach scouts how to safely climb using a top rope, harness and a helmet both in the summer as well in the winter when they purposefully freeze it with water for ice climbing.

On Saturday evening the Pack leaders and few scouts from Troop 6 Quincy put on performances of skits and songs at a campfire. The Pack was joined with Scouts from Troop 119 in Lexington.

Trip leaders were Eric

Dannerhoj, Cubmaster and Brian Laroche, Committee Chairperson who are both Eagle Scouts. Brian began his scouting career as a Tiger Scout in Pack 6 in 1982 and has been involved with Scouting in Quincy continuously since. Pack 6 is very fortunate to have a well trained and experienced leadership corps who collectively bring well over 100 years of scouting experience to the program.

If you would like to learn more about Pack 6 Quincy or to join the Pack, visit www.pack6quincy.com or e-mail pack6quincy@gmail.com.

Play Better Golf with JACK NICKLAUS

The cartoon strip features two panels. The left panel shows a golfer in a follow-through position with the text: "ALL GOLFERS NATURALLY STAND CLOSE TO THE BALL AT ADDRESS WHICH CAUSES THEM TO SWING ON AN UPRIGHT PLANE. SHORT GOLFERS NATURALLY STAND FARTHER AWAY AND SWING FLATTER IN CONSEQUENCE." The right panel shows another golfer in a follow-through position with the text: "WHATEVER YOUR BUILD, NEVER TRY TO CHANGE YOUR NATURAL PLANE BY MANIPULATING THE CLUB DURING THE SWING. IF YOU THINK BEING MORE UPRIGHT WOULD HELP, SIMPLY STAND MORE ERECT IN YOUR UPPER BODY AT ADDRESS. CONVERSELY, LEAN OVER MORE FROM YOUR HIPS IF YOU FEEL BEING FLATTER WOULD LET YOU PLAY BETTER."

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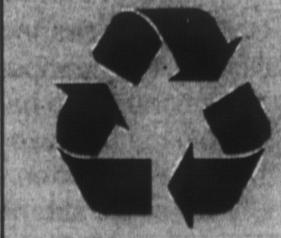
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OBITUARIES

Daniel W. Mullin, 60

A funeral Mass for Daniel W. Mullin, 60, of Quincy, formerly of South Boston, was celebrated Monday in Our Lady of Czestochowa Catholic Parish-South Boston.

Mr. Mullin died peacefully, surrounded by his family, on Sept. 25 at Webster Park Rehabilitation in Rockland.

Born in Boston on Oct. 23, 1960, he was raised in South Boston and attended local schools. Mr. Mullin graduated from the Christopher Columbus High School in Boston's North End with the Class of 1978. He later went to work as a purchasing agent for Bennett Electrical. He was a hardworking individual, and never missed a day of work.

Those who knew Mr. Mullin know of his love for golf. If there wasn't snow on the ground, Mr. Mullin made his way to the course. In his spare time, he also enjoyed going to the gym, watching NASCAR and his favorite sports teams:



DANIEL W. MULLIN

Las Vegas Raiders and Boston Celtics.

Mr. Mullin was an honest person and loved his family and dogs very much. There wasn't anything he wouldn't do for those he cared for. He will be missed by all the lives he touched.

Daniel was a cherished son of Eleonore (Mickiewicz) Mullin of Quincy, and the late Daniel P. Mullin. He was the devoted brother of Theresa Gilbert and her husband Neal of Quincy, Elena Mullin and her husband Howard Carson

of Philadelphia, Barbara Mullin of Billerica, and Gregory Mullin of Quincy. Daniel was the loving uncle of Kerrianne Provost and her husband Jared of Billerica, Sarah and Steven Gilbert, both of Quincy, Daniel and Robert Magill, both of Billerica. He was the loving great uncle of Sean, Riley, and Connor Provost, all of Billerica. Daniel is also survived by many loving cousins, extended family, and friends.

Following cremation, Mr. Mullin will be interred privately in Milton Cemetery.

Memorial donations may be made to the MSPCA, Attn: Donation, 350 S. Huntington Ave., Jamaica Plain, MA 02130 or to the Alzheimer's Association, MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Jane A. Oliverio, 85

Funeral services for Jane A. (McAnarney) Oliverio, age 85, a longtime Quincy resident, were held Monday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Oliverio died peacefully Sept. 28 in the comfort of her home, surrounded by her loving family.

She was born in Quincy, to the late James J. and Evelyn M. (Gorman) McAnarney. Mrs. Oliverio was raised and educated in Boston schools and was a graduate of the Jeremiah E. Burke High School. She had lived in Quincy for fifty-two years.

Mrs. Oliverio was em-



JANE A. OLIVERIO

ployed for many years with the New England Telephone Company in the Quincy office as an investigator and was a member of the New England Telephone Pioneers Association.

Jane enjoyed music, traveling, and knitting. She also loved animals and her family's pets.

Most of all, Mrs. Oliverio was devoted to her family and was especially proud of her grandchildren and great grandchildren, supporting all their many activities and accomplishments.

Wife of the late Robert J. Oliverio. Devoted mother of Deborah Starr, Diane Trubiano and her husband Anthony, all of Quincy, Steven Oliverio and his wife Vivian of Plainville, and John Oliverio of Quincy.

Mrs. Oliverio was the cherished grandmother of nine grandchildren and many great-grandchildren. She was also grandmother of the late Danielle Oliverio.

Dear sister of Joan Hardiman and her husband Kevin of Dorchester, Lynn Basile and her husband John of Quincy. Mrs. Oliverio is also survived by many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Quincy Animal Shelter, P.O. Box 690088, Quincy, MA 02269-0088.



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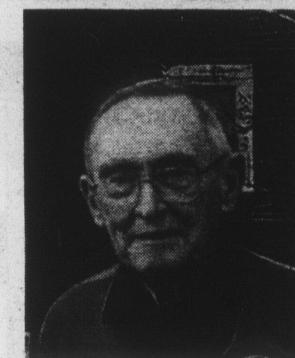
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John J. Morrissey, Sr., 95

A funeral Mass for John J. Morrissey, Sr., 95, of Quincy, was celebrated Tuesday in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy.

Mr. Morrissey died at home surrounded by his family on Sept. 28.

The beloved husband of the late Margaret M. (Shea) Morrissey. Loving father of Margaret McKenna and her husband John of Quincy, John J. Morrissey, Jr. and his wife Laurie of Raynham, Vincent D. Morrissey and his wife Melissa of Braintree, Charles L. Morrissey and his wife Kimberly of Pembroke and Julie A. Greene and her husband John of Weymouth. Brother of Sr. Mildred Morrissey, FMM of Providence, RI, Marie Malloy of Yarmouth, Daniel Morrissey of Brockton and the late Sylvia Yunits, Anne and David Morrissey. Mr. Morrissey is also survived by 13 grandchildren and 4 great grandchildren and many nieces



JOHN J. MORRISSEY, SR.

and nephews. He had a very special place in his heart for his companion, Skittles his cat.

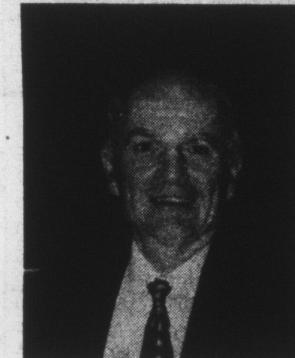
Mr. Morrissey grew up in Dorchester, St. Mark's Parish area. He graduated from Boston Latin School and entered into the US Army in 1943. He proudly served his country during WWII.

Interment at Mount Wolaston Cemetery.

Memorial donations may be made to Hospice of South Shore, 30 Reservoir Park Dr., Rockland, MA 02370.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Peter C. Pappas



PETER C. PAPPAS

A funeral service for Peter C. Pappas of Squantum was held Sept. 29 at St. Catherine's Greek Orthodox Church, Braintree.

Mr. Pappas died peacefully Sept. 24 surrounded by his family.

Born in Vassara, Sparta, Greece, he was the son of the late Christos and Panagiota (Kosmas) Pappas.

At the age of 15, Mr. Pappas immigrated to the United States through Ellis Island and resided in Brooklyn, NY, with his Uncle Pantelis Pappas and his family.

While there, Mr. Pappas graduated high school and attended Brooklyn College. He was a very proud veteran, serving in the United States Army where he was stationed in Germany. Upon his honorable discharge, he eventually moved to Boston where he sponsored his parents and siblings to successfully emigrate to the US.

Mr. Pappas was the dedicated husband of Maria (Tsichlis) Pappas of Squantum. The two shared fifty-seven years of marriage. He was the devoted father of Dr. Pauline Pappas Theodore and her husband Dr.

During most of his adult career, Mr. Pappas worked for the John Hancock Life Insurance Company and as a real estate broker. Known for his cheerful disposition, generosity, and hard work ethic, Mr. Pappas enjoyed music and sports, and his home was always full of warmth and laughter.

A devout Greek Orthodox Christian, he was a steward at St. Catherine's Greek Orthodox Church of Braintree serving in the Parish Council for many years, including as president. In appreciation of his tireless contributions to the Church, Mr. Pappas was honored with the Diocese Award from the Greek Orthodox Metropolis of Boston. He was also a member of the AHEPA Boston Chapter 24 and various other philanthropic organizations.

Interment including military honors at the Pine Hill Cemetery, Quincy.

Memorial donations may be made to St. Catherine's Greek Orthodox Church, 119 Common St., Braintree, MA 02184.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

OCTOBER 2021

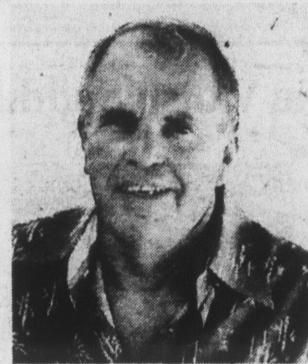
Francis Scanlan, Jr., 81

A funeral Mass for Francis "Sonny" James Scanlan, Jr., 81, a longtime resident of Quincy, will be celebrated Thursday at 10 a.m. at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Scanlan died Sept. 29.

Born in Laconia, NH, on July 1, 1940, he was the son of the late Mina Ruth Scanlan and Francis James Scanlan Sr. Mr. Scanlan was a 1958 graduate of North Quincy High School, and with the strong influence of his love-of-sports mother, he excelled in any athletic activity he did. From basketball, football, baseball, and even golf in his later years, Mr. Scanlan proved to be a true competitor. After graduating, Mr. Scanlan joined the U.S. Army and served most of his time in Germany from 1958 to 1962. On Sept. 5, 1964, Frank married the love of his life Marisa, sharing 37 loving years, and together raised two sons in Quincy.

For many years, Mr. Scanlan oversaw newspaper distribution in Quincy where many people to this day still refer to "Sonny" with fond memories working for him as a paperboy. Many share



FRANCIS SCANLAN, JR.

stories of Sonny helping them make smart decisions in life and guiding them in the right direction. Mr. Scanlan became a U.S. postal letter carrier in 1984 delivering mail for the Brookline area until retiring in 2002. As he had throughout his life, Mr. Scanlan touched many lives personally and professionally and enjoyed the relationships he built throughout the years. In his spare time, Mr. Scanlan enjoyed vacationing in Italy, kayaking, playing golf, and spending time with his family and friends. He left a legacy and set an example to his sons on how to be a great husband and father. He will be missed by all the lives he touched.

Mr. Scanlan spent his recent years living in Kingston with his significant other

Mary Hayes. Mary's children and grandchildren were a continued extension of the people who loved him.

Mr. Scanlan is survived by his son Frank J. Scanlan and wife Elke DeBriae Scanlan of Quincy, his son Mark S. Scanlan of Quincy, his sister Ruth "Betty" Scanlan of North Carolina, and his grandchildren Alexandria, Sean, Katherine, Marko, Matthew, and Lexi. He is also survived by Mary Hayes (McCormick), her daughter Cheryl Simpson and her late husband Paul of Pembroke, her son Ronny Hayes of Plymouth, her daughter Kristine Hoxie and her husband Kevin of Kingston, and daughter Leslie Norton and her husband Matt of Pembroke.

Visiting hours were 4 to 8 p.m. Wednesday at Keohane Funeral Home, 785 Hancock St., Quincy.

A celebration of life service will be held in the funeral home at 9:15 a.m. on Thursday.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to The Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675.

Joseph P. Higgins, 81

A funeral service for Joseph P. "Joe" Higgins, 81, a longtime resident of Quincy, will be held Oct. 16 at 11 a.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Higgins died peacefully Sept. 28 at South Shore Hospital in Weymouth.

Born in Boston on March 26, 1940, he was the son of the late Thomas and Mary (Drew) Higgins. Mr. Higgins was raised in Dorchester and attended local schools. He graduated from high school with the Class of 1958.

Mr. Higgins worked for the Massachusetts Bay Transit Authority as a track walker. After 26 years of service to the Commonwealth, Joe retired to pursue other interests and spend time with family and friends.

In his spare time, Mr. Higgins enjoyed walking the beach and sitting in the sun. He also liked getting together with his friends and visiting casinos. Mr. Higgins loved to



JOSEPH P. HIGGINS

dance, and his nieces fondly remember him dancing the entire night at their weddings. He was the type of person people enjoyed spending time with. Mr. Higgins had a wonderful sense of humor and always had a smile on his face. Mr. Higgins was a positive, caring, and loving person. Family was the most important part of his life and there wasn't anything he wouldn't do for the people he cared for. Mr. Higgins will be missed by all the lives he touched.

Mr. Higgins was the devoted brother of Thomas F. Higgins and his late wife

Alice of Quincy, and the late John P. Higgins, who died in 2012. He was the loving uncle of George E. Higgins and his wife Valerie of Quincy, Barbara A. Boyd and her husband John of Quincy, and Patricia A. Mackey and her husband Christopher of Duxbury. Mr. Higgins was the loving great uncle of Thomas J. Higgins of FL, Daniel E. Higgins of NY, Conor F. Mackey of Duxbury, Kerrie M. Boyd of Quincy, Courtney M. Mackey of Duxbury, and Jack D. Boyd of Quincy.

Visiting hours are 9 to 11 a.m. on Oct. 16 at the funeral home.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to The Greater Boston Food Bank, 70 South Bay Ave., Boston, MA 02118 or to The Jimmy Fund c/o Dana-Farber Cancer Institute, PO Box 849168, Boston, MA 02284-9168.

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Vincent P. Zagami, 80

A funeral Mass for Vincent P. Zagami, age 80, a lifelong Quincy resident, was celebrated Tuesday in St. John the Baptist Church, Quincy.

Mr. Zagami died peacefully Sept. 30 at the Colony Center for Health and Rehabilitation in Abington.

He was born in Quincy, where he was raised and educated. He was a graduate of Quincy High School, Class of 1959.

Mr. Zagami was employed as a pipe coverer and was a proud member of the International Association of Heat and Frost Insulators and Asbestos Workers, Local 6 for fifty-five years.

Mr. Zagami was a veteran, serving four years in the U.S. Navy as a seaman, aboard the destroyer, USS Lowry (DD-



VINCENT P. ZAGAMI

770).

He was a member of the South Shore YMCA in Quincy where he enjoyed walking, swimming and his many friendships. He was also a New England Patriots and Boston Red Sox fan.

Beloved son of the late Joseph W. and Violet (Sebastini) Zagami. Devoted brother of Joseph L. Zagami and his

wife Judith of Quincy. Dear uncle of Diane Rubin of Canton and the late Deborah Condon-Davis and her surviving husband William Davis of Quincy. Great uncle of Jamie Rubin of Holbrook, Danielle Rubin of Canton, Kristen Condon and Cory Condon both of Quincy. Vin is also survived by many cousins and friends.

Interment, with military honors, at Pine Hill Cemetery, Quincy.

Memorial donations may be made to The Wounded Warrior Project, P.O. Box 758516, Topeka, KS 66675-8516.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Adeline M. Foley, 98



ADELINE M. FOLEY

at the South Shore Plaza.

As a young mother, Mrs. Foley made suits and outfits for children and family. She enjoyed music, dancing, knitting, and playing Bingo at the Braintree senior center.

Mrs. Foley was a woman of faith and an active member of St. John the Baptist Parish in Quincy.

She was devoted to her family and was especially proud of her grandchildren and great granddaughter.

Beloved wife of the late Earle F. Foley. Devoted mother of Glendon A. Foley and his wife Kim of Watertown, Terrence J. Foley and

his wife Kathleen (Coyne) Foley of Braintree, Winnifred Foley of Tampa, Fla., Anita M. Wakim of Taunton, and Paula M. Foley of Hingham.

Loving grandmother of Shannon Foley and her husband Paul McLoughlin of Milton, Anthony Wakim of Orlando, Fla., Maggie Callaghan and her husband Dan of Colorado. Cherished great-grandmother of Méabh McLoughlin

Mrs. Foley was one of ten siblings and was the dear sister of Celina Butcher, Allison Furlotte, and Evelyn Hance, all of Canada. She is also survived by many nieces, nephews and cousins.

Visiting hours were 4 to 7 p.m. Wednesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment at Cedar Grove Cemetery, Dorchester.

Memorial donations may be made to the Braintree Council on Aging, 71 Cleveland Ave., Braintree, MA 02184.

BEST OF QUINCY AWARD 2019 • 2020 • 2021

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CREMATION SERVICE OF MASSACHUSETTS
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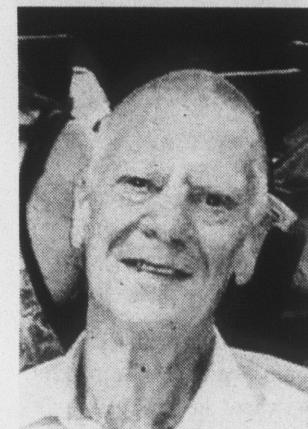
OBITUARIES

Warren Gregory, 71

Warren "Ray" Gregory, 71, of Norwood, died unexpectedly Sept. 30 during a courageous battle with cancer.

Mr. Gregory proudly served in the Army National Guard during the Vietnam War. He was a member of the Norwood VFW Post, the S. Quincy Bocce Club and the Minuteman Dart League.

Beloved husband of Maura Boudrot; loving brother of Sherri Farrell and her husband, John of Marsh-



WARREN GREGORY

field; father of Jill Darling and Erin Gregory; cherished step-father of Patrick and Brian Boudrot; brother in law of Johnny, Peggy, Kevin, Brian and their spouses.

Funeral services will be private.

Memorial donations may be made to the Dana-Farber Cancer Institute at dana-farber.org.

Funeral arrangements were made by Gillooly Funeral Home, Norwood.

NOTICE OF PUBLIC HEARING

Case ZBA 21-66

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 26, 2021 @ 5:30 P.M. to consider the application of David F. Gallagher for a Finding/Special Permit to add a dwelling unit to the existing commercial property in violation of Title 17 as amended, Chapter 4.1.2.2 (special permit) and Chapter 3.4.3 (finding) on the premises numbered **78 SAGAMORE STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Oct 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/89670189462?pwd=SXBGEVXd0JQaTV3Szh4cW95WU9Mdz09>

Meeting ID: 896 7018 9462

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 896 7018 9462

Passcode: 810097

Find your local number: <https://us06web.zoom.us/u/kCikTOP5Z>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

10/7/21, 10/14/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-68

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 26, 2021 @ 5:30 P.M. to consider the application of Sarah Paige Johnson for a Finding to demolish and reconstruct the home on the existing foundation and footprint in violation of Title 17 as amended, Chapter 3.4.5 (nonconforming single & two family) on the premises numbered **38 CHARLES STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Oct 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/89670189462?pwd=SXBGEVXd0JQaTV3Szh4cW95WU9Mdz09>

Meeting ID: 896 7018 9462

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 896 7018 9462

Passcode: 810097

Find your local number: <https://us06web.zoom.us/u/kCikTOP5Z>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

10/7/21, 10/14/21

Amie Walsh Sudduth

A funeral Mass for Amie Walsh Sudduth was celebrated Wednesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Ms. Walsh Sudduth died

Sept. 29 surrounded by her loving family.

Born on July 27, 1975, she was the daughter of Ellen (Carberry) Walsh and John (Jack) Walsh. She was the wife of Nate Sudduth, whom she married in 1999.

Ms. Walsh Sudduth lived her too short life in Quincy and for the last 20 years in Braintree. She attended local Catholic schools, graduated from the Woodward School

for Girls and worked for many years at CCS Companies.

Her parents chose "Amie" for her name because it means "friend" in French. And she was an extraordinary, selfless friend to innumerable people. But being a friend can take many forms. For Ms. Walsh Sudduth, the qualities of generous friendship shaped all her roles in life: daughter, wife, sister, aunt, niece, granddaughter and cousin. She gave of herself to everyone without hesitation or reservation.

Ms. Walsh Sudduth grew up on the ocean in Houghs Neck, instilling in her a lifelong love of the beach. She could spend hours looking for shells and sea glass, and went swimming from her backyard, however icy the water was. Her grandparents, Jo and Babe Walsh, introduced her to Peddocks Island. Its beaches, fields and woods were her refuge from the time she was a young girl.

As the oldest child, she was a friend and supporter to her parents. Ms. Walsh Sudduth spent countless hours with them on their deck overlooking the bay and gliding over it with her father in his boat. Amie and her mother loved their trips to Fenway Park. To her husband, Nate, she was an anchor on which he could always depend.

She was a sister to Lauren and Gregg and while they had squabbles as all siblings do, they were best friends. She loved being an aunt to their children, Keira, Matt, and Jack, and they loved her back. She chased them and

played with them for hours and took them to her beloved beach to hunt for treasures.

Ms. Walsh Sudduth was also close to her cousins, Jon and Joe Olinto. The "Walsh kids" and the "Olinto boys" grew up together, sharing holidays, birthdays, and informal celebrations of every kind. Amie became an unofficial aunt to Jon's and his wife Melanie's three boys.

Ms. Walsh Sudduth loved Zumba, kitchen dancing with her friends, the Red Sox, Billy Joel, baking amazing cookies, Trader Joe's, dogs, cats and animals of every kind, her aquariums, and, appropriately, the TV show "Friends."

Ms. Walsh Sudduth was loved and gave love in ways that will endure.

She is survived by her husband, Nate Sudduth; her parents, Ellen and Jack Walsh; her sister and brother-in-law, Lauren and Chris Carucci; her brother, Gregg; aunts and uncles John and Joan Olinto, Tom and Pam Carberry and Paul Carberry and Karen Currie; her niece, and nephews, Keira and Matthew Carucci and Jack Walsh; many cousins and innumerable friends.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the ASPCA, 424 E. 92nd St., New York, NY 10128, the World Wildlife Fund, 1250 Twenty-Fourth St., N.W., P.O. Box 97180, Washington, DC 20090, or to a charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

NOTICE OF PUBLIC HEARING

Case ZBA 21-69

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 26, 2021 @ 5:30 P.M. to consider the application of James Flaherty for a Variance to construct a new front porch in violation of Title 17 as amended, Chapter 4.1.1 (front setback) on the premises numbered **69-71 WEBSTER STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Oct 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/89670189462?pwd=SXBGEVXd0JQaTV3Szh4cW95WU9Mdz09>

Meeting ID: 896 7018 9462

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 896 7018 9462

Passcode: 810097

Find your local number: <https://us06web.zoom.us/u/kCikTOP5Z>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

10/7/21, 10/14/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-76

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 26, 2021 @ 5:30 P.M. to consider the application of Liam Folan for a Finding to construct a vertical extension in the front setback in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming structures) on the premises numbered **23 BARBOUR TERRACE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Oct 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/89670189462?pwd=SXBGEVXd0JQaTV3Szh4cW95WU9Mdz09>

Meeting ID: 896 7018 9462

Passcode: Quincy

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1 646 558 8656 US (New York)

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

10/7/21, 10/14/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-78

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 26, 2021 @ 5:30 P.M. to consider the application of Richard Eames for a Variance/Finding to renovate the first floor and add a second story including over the garage in violation of Title 17 as amended, Chapter 4.1.1 (side setback) and 5.1.8 (parking requirements) on the premises numbered **168 PLYMOUTH AVENUE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Oct 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/89670189462?pwd=SXBGEVXd0JQaTV3Szh4cW95WU9Mdz09>

Meeting ID: 896 7018 9462

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 896 7018 9462

Passcode: 810097

Find your local number: <https://us06web.zoom.us/u/kCikTOP5Z>

Citing Rising Healthcare Costs, Sen. Keenan Calls For MAC Act Passage

Cont'd From Page 12

wavier granted through the federal government.

"As costs for care and coverage have increased so dramatically in recent years, health insurance has become an obstacle for too many businesses because hiring new employees means insuring more employees."

Sen. Keenan said. "So many local employers are struggling to hire workers at this stage of the pandemic, when healthcare costs are on all our minds more than ever."

Even before the pandemic, rising healthcare costs had been identified by local officials as a strain on the business community. Both

the South Shore Chamber of Commerce and Massachusetts Chamber of Commerce have advocated for finding ways to alleviate healthcare costs for employers.

"Sen. Keenan has proposed an innovative fresh step of allowing them to pool together for higher risk, higher cost cases. This

would be a positive step to helping small businesses struggling with recovery," said South Shore Chamber of Commerce President and CEO Peter Forman.

The City of Quincy listed healthcare expense reduction and other forms of insurance assistance as "key needs" for local businesses

in its March 2020 Small Business Plan. Similarly, a 2018 study commissioned by the Massachusetts Health Policy Commission identified Massachusetts as the state with the second highest average price for health insurance premiums paid by small businesses.

Additionally, the MAC Act would help keep deductibles, copays and premiums from rising rapidly by updating the Health Policy Commission cost trends process to create a specific consumer cost growth benchmark for insurers, while also pushing back on unreasonable health insurance premium increases by strengthening the Division of Insurance health insurance rate review process and enhancing transparency.

Quincy Fire Dept.

Retirement Banquet Oct. 12

IAFF Local 792, Quincy Fire Department annual retirement banquet will be held Tuesday, Oct. 12, at the Quincy Marriott Hotel, ballroom, 1000 Marriot Dr., Quincy.

Cocktail hour begins at 6 p.m. followed by dinner at 7 p.m.

The event honors members of the Quincy Fire Department who retired last year as well as this year.

Retirees being honored are:

2020: Chief John M. Ca-

degan, 35 years of service; Deputy Chief Edward W. Fenby, 33 years; Captain Robert A. Gilbody, 33 years; Captain James B. Kennedy, 34 years; Lt. Paul A. Leonard, 33 years; Lt. Robert J. Shea, 32 years; Firefighter Gordon S. King, 34 years; and Firefighter Russell J. Nord, 26 years.

2021: Lt. James A. Bailey, 27 years; Firefighter James M. Connolly, 23 years; and Firefighter John V. Scribi, 19 years.

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS PURCHASING DEPARTMENT
1305 HANCOCK ST.
QUINCY, MA 02169

BUILDING MAINT.

ON-CALL PLUMBING SERVICES

OCTOBER 21, 2021 @ 11:00 A.M.

This Invitation to Bid is made in accordance with M.G.L. Chapter 149. All work later awarded pursuant to any one or more contracts entered into pursuant to this ITB is subject to said Chapter 149, as applicable, including prevailing wages and certified payrolls.

All vendors will need to possess a valid Massachusetts license in their respective trades. Contracts will be nonexclusive. Multiple vendors may be awarded in these contracts if it is deemed in the best interest of the City of Quincy to do so.

The work will include providing all labor, materials, equipment, tools, and supervision necessary for maintenance, repair and install of devices, parts and equipment for all City and School owned buildings as directed by the Commissioner of Public Buildings.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through an email to: purchasing@quincyma.gov. Questions will be accepted until October 15, 2021 at 12:00 p.m.

Bid must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT
Paul J. Hines, Commissioner of Public Buildings

10/7/21

United States Postal Service

Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)

- Publication Title: The Quincy Sun
- Publication Number: USPS 453060
- Filing Date: October 1, 2021
- Issue Frequency: Weekly
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- Annual Subscription Price: \$40.00
- Complete Mailing Address of Known Office of Publication (Not Printer) (Street, city, county, state and Zip)
1372 Hancock St., Quincy, Norfolk County, MA 02169-5107

Contact Person: Donna Gray

Telephone Number: 617-471-3100

8. Complete Mailing Address of Headquarters or General Business Office Of Publisher
1372 Hancock St., Quincy, MA 02169-5107

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor
Publisher (Name and complete mailing address)

Robert H. Bosworth

1372 Hancock Street

Quincy, MA 02169

Editor (Name and complete mailing address)

Robert H. Bosworth

1372 Hancock Street

Quincy, MA 02169

Managing Editor (name and complete mailing address)

Robert H. Bosworth

1372 Hancock Street

Quincy, MA 02169

(The names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a non-profit organization, give its name and address.)

Full Name
Complete Mailing address

The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
215 Adams St., Quincy, MA 02169

Mercia O'Connell
53 Archer Ave., Pembroke, MA 02359

Gail Happel
73 Colonial Rd., Weymouth, MA 02191

Linda Harrison
75 Morgan St., Randolph, MA 02368

Dorothy Newman
31 Graham St., Quincy, MA 02169

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgagees or Other Securities. If none, check box. None.

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates)

13. Publication Title: The Quincy Sun

14. Issue Date for Circulation Data Below: 9/16/2021

15. Extent and Nature of Circulation

Average No. Copies Each Issue During Preceding 12 Months

a. Total Number of Copies (Net press run): 5,100

b. Paid Circulation (By Mail and Outside the Mail)

(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): 566

(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution

above nominal rate, advertiser's proof copies, and exchange copies): 2,918

(3) Paid Distribution Outside the Mails including Sales through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 930

(4) Paid Distribution by other Classes of Mail Through the USPS (e.g. First-Class Mail): 0

c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4) - 4,414

d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)

(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541: 0

(2) Free or Nominal Rate In-County Copies Included on PS Form 3541: 0

(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail): 0

(4) Free or Nominal Rate Distribution Outside the Mail (Carriers of other means): 100

e. Total Free or Nominal Rate Distribution

(Sum of 15b (1), (2), (3), and (4): 100

f. Total Distribution (Sum of 15c and 15e: 4,514

g. Copies not Distributed: 586

h. total (sum of 15f and g): 5,100

i. Percent Paid (15c divided by 15f times 100): 97.0%

13. Publication Title: The Quincy Sun

14. Issue Date for Circulation Data Below: 9/16/2021

15. Extent and Nature of Circulation

No. Copies of Single Issue Published Nearest to Filing Date

a. Total Number of Copies (Net press run): 5,100

b. Paid Circulation (By Mail and Outside the Mail)

(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): 559

(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution

above nominal rate, advertiser's proof copies, and exchange copies): 2,947

(3) Paid Distribution Outside the Mails including Sales through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 956

(4) Paid Distribution by other Classes of Mail Through the USPS (e.g. First-Class Mail): 1

c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4) - 4,463

d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)

(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541: 0

(2) Free or Nominal Rate In-County Copies Included on PS Form 3541: 0

(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail): 0

(4) Free or Nominal Rate Distribution Outside the Mail (Carriers of other means): 100

e. Total Free or Nominal Rate Distribution

(Sum of 15b (1), (2), (3), and (4): 100

f. Total Distribution (Sum of 15c and 15e: 4,563

g. Copies not Distributed: 537

h. total (sum of 15f and g): 5,100

i. Percent Paid (15c divided by 15f times 100): 97.0%

17. Publication of Statement of Ownership

X. If the publication is a general publication, publication of this statement is required. Will be printed in the 10/7/21 issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner.

Date: 9/24/2021

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

Robert H. Bosworth

Publisher

10/7/21

2021

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

October 4, 2021

2021-096

The Quincy City Council will hold a Public Hearing, on Monday, October 18, 2021, at 6:30 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television Channel QATV-9 Government Access in reference to a petition from Mass Electric. MASSACHUSETTS ELECTRIC COMPANY requests permission to locate manholes, wires, and ducts, including the necessary sustaining and protecting fixtures, along the following public way:

Merrymount Parkway**City of Quincy to install duct and manhole as per attachments****City of Quincy to turn over duct and Manhole systems to National Grid who will own and maintain system. This is required due to undergrounding project of Merrymount Pkwy by the City of Quincy**

Wherefore it prays that after due notice and hearing as provided by law. It may be granted a location for and permission to install and maintain manholes. Ducts and wires. Together with such sustaining and protecting fixtures as it may find necessary. Said manholes and ducts to be installed substantially in accordance with the plan filed herewith marked:- Plan No. 29884086 Date: 07/15/20

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on October 18, 2021 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: City Council Meeting Time: Oct 18, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting -

<https://us06web.zoom.us/j/85641875584?pwd=THNqbUhFSW9BMmJTbHo1Nkt2TVBudz09>

Meeting ID: 856 4187 5584 Passcode: d4grgU

Dial by your location - 312-626-6799 US (Chicago) - 929 436 2866 US (New York)

Meeting ID: 856 4187 5584 Passcode: 378421

Find your local number: <https://us06web.zoom.us/u/kbsUlczDXi>

Nicole L. Crispo
Clerk of the Council
10/7/21

PUBLIC NOTICE

PUBLIC NOTICE
2021 - 092

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

Ordinance – Amending Chapter 325 – Vehicles and Traffic – Article II – Rules of the Road – Adding 325-44 - Bicycle Use on Public Ways

NOW THEREFORE BE IT ORDAINED by the City Council of the City of Quincy that Part II General Legislation – Chapter 325 – Vehicles and Traffic – Article II – Rules of the Road of the Municipal Code be hereby amended as follows:

Add the following:

325-44 - Bicycle Use on Public Ways

A. Regulations:

- The following rules apply to all two and three wheeled vehicles not powered by a motor, pursuant MGL Chapter 85 Section 11B.
 - Bicyclists riding on public ways must obey the same basic traffic laws and regulations that apply to motor vehicle operators.
 - Bicyclists can use the full lane anywhere, anytime, and on any street (except limited access or express state highways where signs specifically prohibiting bicycles have been posted), even if there is a bike lane.
 - Bicyclists must bike in the same direction as traffic unless otherwise indicated by signs or markings.
 - Bicyclists must stop at red lights and stop signs.
 - Bicyclists can keep to the right when passing a motor vehicle moving in the travel lane and Bicyclists can move to the front of an intersection at stop lights.
 - Bicyclists must signal your intent by either hand to stop or turn. However, the signal does not have to be continuous or be made at all if both hands are needed for the bicycle's safe operation.
 - Bicyclists can ride on sidewalks outside of business districts for safety unless specifically prohibited.
 - If on the sidewalk, Bicyclists must yield to pedestrians and give an audible signal before overtaking or passing (no sirens or whistles).
 - No more than two bicycles can be operated side-by-side.
 - On a roadway with more than one lane in the direction of travel, bicyclists riding side-by-side must stay in one lane and not unnecessarily restrict a passing vehicle's ability to overtake you.
 - Bicyclists must maintain a safe distance from other bicyclists, especially when approaching intersections.
 - Bicyclists must slow down when approaching crosswalks, especially during heavy traffic.
 - Bicyclists must ride on or astride a permanent seat affixed to the bicycle. A passenger must also ride on a permanent seat attached to the bicycle or to a trailer towed by the bicycle.
 - Bicyclists cannot transport a person who is between one and four years old or who weighs 40 lbs. or less except in a "baby seat" attached to the bicycle. The person must be in a harness, be seated in an upright position, and their hands and feet must be protected from hitting the wheel spokes.
 - A person can ride on or astride a seat on a tandem bicycle if the person can reach the pedals and handlebars.
 - Bicyclists cannot transport a child under the age of one year on a bicycle.
 - A bicycle helmet approved by the U.S. Consumer Product Safety Commission must be worn by a bicycle operator or passenger under 16 years old. It must be secured to the person's head when the bicycle is operated on a public way or bicycle path, unless the passenger is secured in an enclosed trailer which protects their head.
 - Bicyclists must give an audible warning (other than a siren or whistle) when necessary

Walmart Back Open After Fire

By SCOTT JACKSON

The suspect – identified as Ronald Wulfer, a 35-year-old homeless man from Quincy – was then arrested and brought to police headquarters. Dougan said officers found a Bic lighter in Wulfer's possession, which Wulfer said he used to start the fire.

Firefighters were called to the Walmart at 301 Falls Blvd. just before 6:30 p.m. on Sept. 27, according to Capt. John Dougan of the Quincy Police Department. When they arrived, firefighters saw fire and heavy smoke coming from the building, and people running from the store.

When police arrived, Dougan said one man standing near the front door "caught the officers' eyes" as he matched the description of the party who was believed to have started the fire. Dougan said police asked the man if he had started the fire, to which the suspect responded, "yeah, I

started the fire."

The suspect – identified as Ronald Wulfer, a 35-year-old homeless man from Quincy – was then arrested and brought to police headquarters. Dougan said officers found a Bic lighter in Wulfer's possession, which Wulfer said he used to start the fire.

Wulfer also told officers he started a fire at a wooden fence outside the Roche Bros at 101 Falls Blvd. the evening of Sept. 26, Dougan said.

Dougan said Wulfer was charged with two counts of arson, one count of defacing property and one count of disorderly conduct. Arraignment information was not immediately available.

The Walmart was closed for two full days following the fire but was able to reopen at noon on Sept. 30.

More Quincy news:

The Quincy Sun.com

PUBLIC NOTICE

to ensure safe operation.

- Bicyclists can park your bicycle on a way or a sidewalk, but only if it does not obstruct vehicle or pedestrian traffic.
- Bicyclists cannot let the bicycle be pulled by another vehicle and can only tow a bicycle trailer.
- Bicyclists cannot carry any objects that would interfere with the safe operation of the bicycle and must keep one hand on the handlebars at all times.
- Bicyclists must have a proper working brake system to stop from 15 MPH within 30 feet.
- From a half hour after sunset to a half hour before sunrise, Bicyclists must have a white lamp in front visible from up to 500 feet and a rear facing red light or reflector visible up to 600 feet.
- From a half hour after sunset to a half hour before sunrise, Bicyclists must have a reflector on each pedal or your ankles, or reflective material on yourself or on the bicycle. The reflectors must be visible up to 600 feet from all sides.
- Bicyclists handlebars cannot be set at a height above the bicyclists shoulders while gripping them and bicyclists cannot extend the fork from its original manufacturer's design.
- Bicyclists must report any crash involving personal injury and any crash involving property damage in excess of \$100 to the Quincy Police Department within 48 hours of the incident.

B. Infractions:

Any violation observed by or credibly reported to the Quincy Police Department of these regulations shall be deemed an infraction and punishable as described herein.

C. Enforcement:

A police officer who observes a traffic law violation or infraction of this regulation committed by a bicyclist may request the offender to state their true name and address. Whoever, upon such request, refuses to state their name and address or who ever states a false name and address or a name and address which is not their name and address in ordinary use, shall be punished by a fine of not less than \$20 nor more than \$50.

An offender who refuses to state their true name and address may be arrested without a warrant for such refusal but no person shall be arrested without a warrant for any other traffic law violation committed while operating a bicycle.

A police officer shall use the ticketing procedure described in MGL Chapter 90C to cite a bicyclist for a traffic law violation. When a citation is issued to a bicyclist, it shall be clearly indicated on the ticket that the violator is a bicyclist.

All fines collected pursuant to this section shall be used by the city for the development and implementation of bicycle safety programs.

D. Penalties:

The following penalties apply to any infraction of the regulations of bicycle use on public ways:

First Offense: A warning may be issued to the bicyclist or the bicycle impounded for at least twenty-four hours, at the sole discretion of the Quincy Police Department based upon the seriousness of the infraction. A fine of \$20 may be imposed in addition to impoundment.

Second Offense: Impoundment of the bicycle for twenty-four hours. A fine of \$50 may be imposed in addition to impoundment

Third Offense: Forfeiture of the bicycle, after hearing conducted by the Chief of Police or their designee and a determination by clear and convincing evidence that the release of the bicycle would cause a danger to the public. A fine of \$50 may be imposed in addition to impoundment

Impoundment. Any bicycle not retrieved within thirty-days of its impoundment shall be deemed forfeited and shall be disposed of at the discretion of the Quincy Police Department. Any impoundment of a bicycle owned or operated by a minor, under the age of eighteen, shall require the presence of a parent or guardian at the time of retrieval.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

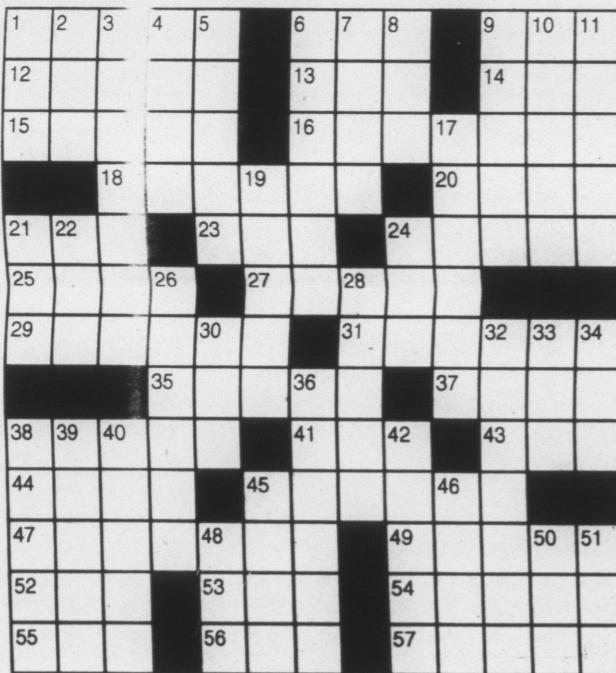
SUN FUN PAGES

ing Crossword

ACROSS

1 Sparkle
6 Word of
9 Early hr.
12 — Carta
13 Japanese
14 Like sa
15 Surroun
16 Italian c
18 Mexican
20 Optimis
21 Honey b
23 Jurist Fo
24 De Mille
25 Nepal's
27 Bakery
29 Italian p
31 Italian c
35 Soft lea
37 Pack ca
38 Grinding
41 Genetic
43 Storm c
44 Oil carte

45 Pippa, to Kate Middleton
47 Italian city on the Adriatic
49 October birthstone
51 Crone
53 — de deux
54 "— Be" (The Beatles)
55 "Quiet!"
56 Illustrations
57 Yorkshire city
1 "Today" rival, briefly
2 Felon's flight
3 Self-indulgent "journey"
4 "— Karenina"
5 Igneous rock source
6 More altruistic
7 Bassoon's kin
8 Up to
9 Inert gas
10 Parson's home
11 Convinces



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MAGIC MAZE ● BRUSH



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: THE MARKS OF A PAINTBRUSH

Against	Cut	Kangaroo	Wood
And comb	Down	Off	Work
Aside	Fire	The dog	Your teeth
Bristles	Hog	Wolves	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Trivia test

by Fifi Rodriguez

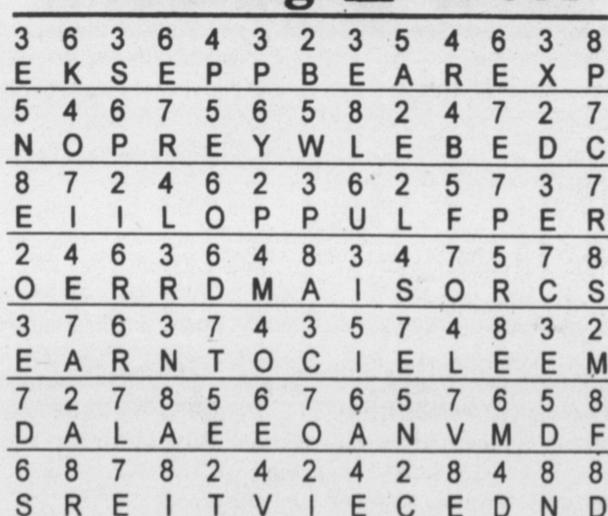
- TELEVISION: Which actor portrayed Kevin Arnold in the 1980s-90s sitcom "The Wonder Years"?
- MEDICAL: What is a more common name for rhinorrhea?
- MUSIC: How many members are in the pop group ABBA?
- MOVIES: Who directed "The Godfather" trilogy?
- ANIMAL KINGDOM: What is the native country of the kiwi bird?
- ENTERTAINERS: Which American singer/songwriter was born with the name Peter Gene Hernandez?
- SCIENCE: What does a petrologist study?

Answers

- Fred Savage
- Runny nose
- Four
- Francis Ford Coppola
- New Zealand
- Bruno Mars
- Rocks
- Africa
- Fear of dogs
- Missouri

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Wishing Well®



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Salome's Stars

ARIES (March 21 to April 19) Someone from your past could arrive with welcome news concerning your future. Meanwhile, avoid taking sides in a workplace confrontation until you have more facts to go on.

TAURUS (April 20 to May 20) A decision about a relationship could have longer-lasting consequences than you might imagine, so be sure of your facts before you act. A trusted friend can help.

GEMINI (May 21 to June 20) A strained relationship could be restored with more personal contact between the two of you. Letting others act as your go-between only adds to the ongoing estrangement.

CANCER (June 21 to July 22) Fresh facts could mean taking a new path toward a goal you've been hoping to reach. However, be sure all your questions are answered before you undertake to shift directions.

LEO (July 23 to August 22) This is a good week for all you fine Felines to turn your attention to some important considerations, such as your health, your job situation and the status of important relationships.

VIRGO (August 23 to September 22) Avoid making a quick decision about a matter that needs more study. Keep your mind open for possibilities, even if they don't seem plausible – at least not yet.

LIBRA (September 23 to October 22) You might welcome the emphasis on openness in

relationships that mark this period. But it's a good idea to avoid sharing personal secrets with people you hardly know.

SCORPIO (October 23 to November 21) There are still some questions that need to be asked and answered before you can feel confident enough to make a potentially life-changing decision.

SAGITTARIUS (November 22 to December 21) Some lingering effects from a now largely resolved workplace confrontation could make things difficult for you. Act on this before it becomes serious.

CAPRICORN (December 22 to January 19) You feel you're finally in control of your own life after months of making compromises and concessions you never felt comfortable with. Congratulations.

AQUARIUS (January 20 to February 18) No sooner do you decide to pass on one job offer than another suddenly turns up. This one might not have everything you're looking for, but it's worth checking out.

PISCES (February 19 to March 20) Congratulations. With Jupiter's strong influence dominating this week, don't be surprised to get some good news about a troubling financial matter.

BORN THIS WEEK: You are usually kind and loving. But you can be highly critical of those who don't measure up to your high standards.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: C equals T

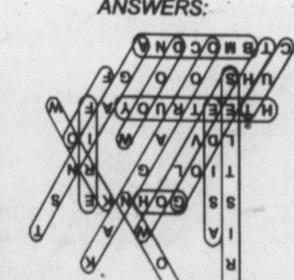
Y IJXQO PYDL ZJX KLQVNXQ
OYMLICYJGE YN ZJX HML
CMRDLQYGP LREC, GJMCK JM
EJXCK. CKL HLEC YE XV CJ ZJX.

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King Crossword

Answers

Solution time: 26 mins.


Magic Maze ANSWERS:

CryptoQuip answer

south. The west is up to you.
Traveling east, north or
could give you helpful
directions if you were

OCT

7

2

0

2

1

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Benedict Cumberbatch lost his 2014 Oscar bid (for "The Imitation Game") to "The Theory of Everything" star Eddie Redmayne. If the four-minute standing ovation at The Venice Film Festival for "The Power of the Dog" (due Nov. 17) is any indication, he'll be in the running for an Oscar again. The film is based on a novel about a 1920s Montana rancher who is angered when his brother brings home a new wife and her son. Cumberbatch has more movies lined up. "The Electrical Life of Louis Wain," about an eccentric British artist famous for his distinctive paintings of cats, arrives in theaters Oct. 22 and on Amazon Prime Nov. 5. He'll again be Doctor Strange in "Spider-Man: No Way Home" (dropping Dec. 17) and in "Doctor Strange in the Multiverse of Madness," due in March 2022.

Also getting Oscar buzz is "Game of Thrones" star Peter Dinklage, a four-time Emmy Award winner. His acting and singing in the title role of the musical "Cyrano" (as in de Bergerac), arriving Dec. 21, set judges and audiences at The Telluride Film Festival on their ears. Dinklage's Roxanne is Haley Bennett of "Hillbilly Elegy."

Oscar-winning director Taylor Hackford plans to reinvent film noir with "Sniff," starring Helen Mirren (his wife), Morgan Freeman and Al Pacino, as well as Danny DeVito, which has Freeman and DeVito investigating two murders in a luxury retirement community. Mirren also has the war drama "White

Bird: A Wonder Story," with Gillian Anderson (out September 2022), and the sequel "Shazam! Fury of the Gods," coming June 2023.

In 1970, while visiting The St. Regis Hotel in New York City, I was stunned seeing a bevy of beautiful women hanging around the front of the building. Pandemonium hit when the object of their affections arrived. He was French movie star Jean-Paul Belmondo, there publicizing his film "Borsalino," with Alain Delon. He handled the ladies with charm and grace like a true superstar. Belmondo starred in such classic films as the crime drama "Breathless" (1960), with Jean Seberg, and "That Man from Rio" (1964), and was compared to James Dean, Marlon Brando and Humphrey Bogart.

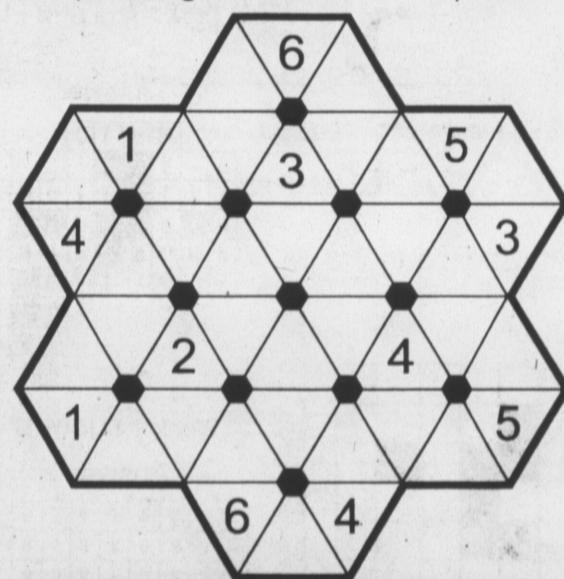
When Belmondo passed away on Sept. 6, French television stations altered their schedules to screen his films, drawing more than 6.5 million viewers. The French newspaper The Guardian hailed him as an integral part of the history of French cinema and France herself. French President Emmanuel Macron called him "a national hero." Belmondo resisted "going Hollywood" and was content working exclusively in Europe. He was married twice, partnered with four women, including Ursula Andress, and sired four children. When he left us at age 88, you can be sure the ladies were lined up at the gates of heaven to get a glimpse of him.

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Snowflakes

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

by Linda Thistie

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★

* Moderate ** Difficult
★★★ GO FIGURE!

	+	×	10
×	-	×	10
-	×	+	
-	×		6
10	6	8	9
1	2	3	5
6	7	8	8
9			

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Egg Cup Rack — Many of us have used an antique egg cup to hold a boiled breakfast egg, but few have ever seen an egg cup frame with six egg cups and spoons made of sterling silver over 200 years ago. New Orleans Auctions had many unusual serving pieces in an auction, and the rare 7-inch-high by 8-inch-wide egg cup frame brought \$1,625. It was made in London about 1808 to 1811 according to the hallmark. The silversmiths were Robert & Samuel Hennell. The hexagonal frame has six legs with lion's paw feet, a canopy with a shell and scroll finial, and receptacles for the six egg cups and spoons.

A frame was used for large breakfasts as a centerpiece and usually held soft boiled eggs, and there were many servants to dish out the food to each guest. A breakfast menu usually included eggs, bacon, sausage, mushroom toast, grilled tomatoes, baked beans and tea or coffee.

Q: I'm interested in selling a collection of over 200 Vera Neumann scarves. They were made throughout her career, no two are alike, and they're in very good condition. I'd like to sell them in groups or as a whole collection, not individually. How can I find interested buyers?

A: Vera Salaff Neumann (1907-1993) was known for her silk scarves with her signature, "Vera," on them. She was a fashion illustrator, textile designer and muralist. She and her husband, George, founded Printex in 1946. She designed placemats and other linens. The first silk scarves were made in 1947 after the company bought a supply of army surplus parachute silk. Designs

were screen printed, based on Vera's watercolor paintings. She held the copyright for 8,000 designs.

George died in 1962 and Vera sold the business to Manhattan Industries in 1967. She sold her company, Vera Licensing, in 1988. Target bought the rights to reproduce 17 vintage Vera scarves in 2013. Vera scarves are still popular. Check online shops to see what they are selling for. Shops that sell them will also buy them. Expect to get about half what the shop will sell them for. An auction gallery that sells clothing might buy the scarves, but 200 is too many to sell at one time.

CURRENT PRICES

Fur coat, white fox, on-seam pockets, gray lining, monogram, woman's full length, 49 inches, \$1,190.

Sterling-silver flask, dog show trophy, glass with leafy scroll overlay, engraved, c. 1910, 11 inches, \$1,625.

Purse, evening bag, black fabric, silk lining, metal frame, enamel, coral closure, Art Deco style, attributed to Cartier, early 20th century, 7 1/4 x 7 inches, \$2,005.

Moorcroft ice bucket, silver overlay, trees, blue, green, handles, signed Moorcroft Shreve Co., 8 x 12 inches, \$2,500.

TIP: To make a grandfather clock run faster, raise the pendulum; to slow it, lower the pendulum.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021 has the resources you're looking for.

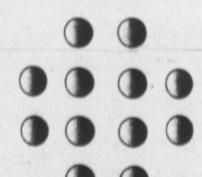
For more collecting news, tips and resources, visit www.Kovels.com.

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STICKELERS

by Terry Stickels

How many squares can you create in this figure by connecting any four dots (the corners of a square must lie upon a grid dot)?



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Strange BUT TRUE

their right when entering a store.

- In 2020, George Hood, a 62-year-old ex-Marine, set the world record for the longest abdominal plank, holding the position for 8 hours, 15 minutes and 15 seconds.
- Singapore has a mandatory organ donation scheme for people over 21. Anyone choosing to opt-out of it is given lower priority to receive a transplant if they ever find themselves in need of one.
- Koi fish have been known to live up to 226 years.
- Early astronomer John Herschel reported seeing winged people inhabiting the moon through his telescope.
- Prior to 1900, prizefights lasted 100 rounds.
- Three British friends set the world record for completing the longest-ever journey by taxi – a grand total of 43,319.5 miles in their 20-year-old black cab named "Hannah." The trip took them across four continents and 50 countries and generated a fare equivalent to \$108,269.73.
- According to Western University, 88% of divorced people use Facebook to keep tabs on exes, and a third post pictures to make the ex jealous.

Thought for the Day: "If you can find a path with no obstacles, it probably doesn't lead anywhere." — Frank A. Clark

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Now here's a tip!

by Jo Ann Derson

• Here's a tip for you waist-watchers out there: Wait until Halloween Day to buy the candy. That way the in-house sweets won't be haunting you throughout October. — JoAnn

• Now's the time to install weatherstripping or caulk for fall and winter. To find drafts, try this trick: Light a taper candle and run it very slowly along the cracks of your windows. When you see the flame flicker, that's where you have a draft leak.

• A great use for those old knee-high stockings (no runs!): Stuff with a mix of crystalized kitty litter and scent-boosting beads you can find in the laundry aisle. Stuff these in stinky shoes to freshen and deodorize. The litter wicks away moisture from sweaty feet and deodorizes, and the scent boosters last for a good long while.

• "Here is a sewing tip for your column: I prewash

fabrics that tend to shrink before I use them to make clothing items. That way, the fit is more accurate." — G.V. in Indiana

• "Exfoliation can be easy if you already have a bag or jar of Epsom salts. Soak in a warm bath and rub the salts over your skin to gently scrub dead skin away. A little essential oil might help, too!" — D.D. in Florida

• "To keep sauces from splattering and dirtying the inside of your microwave, cover the food with a damp paper towel or a coffee filter." — E.C. in Utah

• Now you can have your tea and clean something, too. Teabags can be used to clean woodwork. Rub the wood softly with a damp bag.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

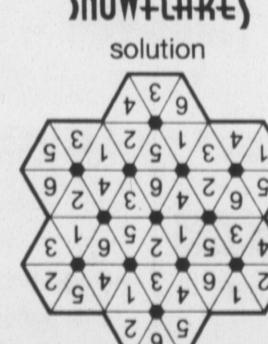
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Go Figure!

answers

10	6	8
8	-	6
6	x	3
9	-	-
6	7	x
6	-	-
9	x	5
10	-	-
6	-	-
9	-	-

Sticklers Answer



There are 11 squares — 5 small, 4 medium and 2 large.

Amber Waves



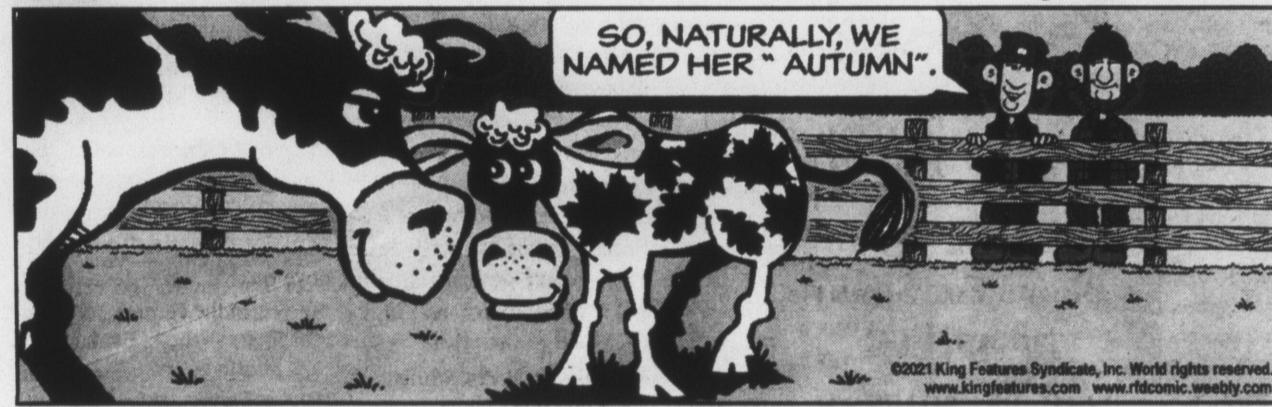
by Dave T. Phipps

Out on a Limb



by Gary Kopervas

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Flare

FANGLE

Start

BINGE

Capture

PARENT

Dilate

WINED

TODAY'S WORD

"I want to stay up until you tell Daddy"

about the _____!"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2	1	5	3	2
5	4	1	3	4	5	1	3	4
3	4	3	1	5	3	4	1	5
4	4	2	3	3	4	2	3	3
2	1	5	4	4	2	1	5	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	4	2	3	1	3
5	6	1	1	1	5
1	5	6	5	3	2
3	5	3	4	2	5
2	5	5	5	6	1
4	2	1	6	5	4

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Owner: Let Cats Roam
Freely Outdoors

DEAR PAW'S CORNER:
Your point about cats being at grave risk outdoors is just silly. Are there some dangers? Sure, there are. Small dogs are subject to the same dangers, as well as all the other animals that live outdoors. Are you suggesting that we should keep all snakes, hedgehogs, frogs, mice and turtles inside at all times because it's a dangerous world outside? I dare say not!

There is always going to be a bigger animal outside. All animals are free. It is us, as humans, who put the boundaries on animals and cage them in. Do you think that cats didn't exist centuries ago? Of course, they did! How do you think they survived? They learned how to survive. Is it important to help those animals in

need of a comforting shelter, good food and lots of love? Yes! But please don't cage in the freedom they need in order to survive for centuries to come. – Ellen I., via email

DEAR ELLEN: Those are... interesting points. You're right, I do harp on the importance of keeping cats inside. And for that matter, small and large dogs. And, if they are being kept as pets, snakes, hedgehogs, frogs, mice and turtles.

Why? Because it keeps them exponentially safer and healthier. Staying inside reduces the chance of getting ticks and fleas. It keeps them safe from attacks by other domestic animals, coyotes, as well as (in my neck of the woods, New England) packs of wild turkeys. Keeping cats inside protects other wildlife – cats are hunters, and they love catching songbirds, hedgehogs, snakes, frogs, mice and turtles.

Readers, what are your thoughts on this issue? Write me at ask@pawscorner.com and sound off!

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TOP TEN VIDEO, DVD
for release week of
October 4, 2021

Video On Demand

- The Hitman's Wife's Bodyguard (R) Ryan Reynolds
- The Conjuring: The Devil Made Me Do It (R) Patrick Wilson
- Joe Bell (R) Mark Wahlberg
- A Quiet Place: Part II (PG-13) Emily Blunt
- Peter Rabbit 2: The Runaway (PG) Rose Byrne
- The Suicide Squad (R) Margot Robbie
- 12 Mighty Orphans (PG-13) Luke Wilson
- Wrath of Man (R) Jason Statham
- Catch the Bullet (R) Jay Pickett

10. Space Jam: A New Legacy (PG) LeBron James

DVD, Blu-ray Sales

- Black Widow (PG-13) Disney/Marvel
- Zach Snyder's Justice League (R) Warner
- Boss Baby: Family Business (PG) Universal/Dreamworks
- Hocus Pocus (PG) Disney*
- The Hitman's Wife's Bodyguard (R) Lionsgate
- The Conjuring 3: The Devil Made Me Do It (R) Warner
- Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog (NR) Warner
- Beetlejuice (PG) Warner*
- The Nightmare Before Christmas (PG) Disney*
- Spirit Untamed (PG) Universal/Dreamworks

*Re-release

Source: Comscore/Media Play News
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4	2	1	6	5	4
2	5	5	5	6	1
3	5	3	4	2	5
1	5	6	5	3	2
5	6	1	1	1	5
5	4	2	3	1	3

Hitori
answer

FENDER
Todays Word
solition
1. Flange 2. Beglin; 3. Entrap; 4. Widens

SCRAMBBLERS

MORE FUN

COUCH THEATER BY RACHEL ROSE

Muppets Haunted Mansion (TV-PG) — If you grew up watching “The Great Muppet Caper” and “The Muppets Take Manhattan,” your childhood was awesome. The Muppets have always had a sweetness and humor that is timeless and appeals to all ages. So absolutely everyone should be excited for this hilarious and harrowing new holiday-themed movie. The plot is simple: World famous daredevil artist Gonzo takes on the challenge to spend one night at Disney’s Haunted Mansion. Rumor has it that the film is packed with “easter eggs” for Disney fans, and items from haunted mansions at all four Disney parks are featured. And, as with previous Muppet movies, original songs abound! A slew of big names make appearances, including Danny Trejo, Craig Robinson, Ed Asner, John Stamos and Taraji P. Henson. (Disney+)

Baking Impossible Season 1 — When I’ve watched countless competitive baking shows, whether a great sugar challenge or a super-stuffed cupcake-tower tournament, one thing has always been missing from the equation: structural engineers. Clearly someone at the Netflix new programs table heard my lament. Their new sweets-competition show pairs professional bakers and professional engineers to create delicious treats that go higher, spin faster and dazzle judges more than ever. The stakes are high, too, as participants have a \$100,000 grand prize motivating their efforts. Nine teams push the limits of creativity and ingenuity over six episodes. (Netflix)

The Many Saints of Newark (R) — In what is arguably the most anticipated prequel of the decade, we finally learn how Tony Soprano became

a player in the Cosa Nostra. The much-ballyhooed casting of Michael Gandolfini in the role made infamous by his late father, James Gandolfini, has already been highly praised. His physical resemblance and mannerisms are eerily similar to his dad, and any inconsistencies in personality can be chalked up to the character being 30 years younger.



Kermit and Miss Piggy in
“Muppets Haunted Mansion”

But fair warning, you can’t come to this film green. Knowledge of “The Sopranos” series is necessary to make sense of characters and relationships. It might even be good idea to binge a few episodes as a crash refresher. “Saints” focuses on telling the story of the Molitanski arm of the family. Whether or not we finally learn the significance of Tony’s fondness for the band Journey remains to be seen. (HBO Max)

Megan Leavey (PG-13) — Everyone loves dogs. Most people appreciate the skill, patience, and dedication it takes to train a dog in military service. So a movie based on a true story about Megan Leavey, the woman who did just that, should be fairly engaging. The problem with this movie is the casting. Kate Mara just isn’t believable as a Marine, even one with a giant heart for canines. When she’s injured and discharged home, Megan’s mission becomes finding a way to permanently adopt Rex, the German Shepherd she successfully trained to find land mines and who subsequently became a war hero. You can guess the ending. (Prime Video)

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Contract Bridge

IT ONLY HURTS FOR A MINUTE

North dealer.
Both sides vulnerable.

NORTH

♦ K 5
♥ A 8 5 3
♦ 6 3
♣ K Q 10 8 4

EAST

♦ A 10 8 3
♥ 9 7 4
♦ Q 8 7 5 2
♣ 6 3

SOUTH

♦ Q J 6
♥ K 10 2
♦ A J 10
♣ J 7 2

WEST

♦ 7 4 2
♥ 9 7 4
♦ Q 8 7 5 2
♣ 6 3

WEST

♦ A 10 8 3

hold. As a result, South went down one. When he later led a spade to try for his ninth trick, East took the ace and returned his last diamond to West’s Q-8-7. All told, South lost three diamond tricks and the two black aces.

At the second table, after exactly the same bidding, West also led a diamond. But here, when East produced the king, South played the ten on it! East continued with the nine, covered by the jack and queen, after which the defenders were helpless. East eventually scored his two aces, but declarer made the contract, losing only two diamonds, a club and a spade.

The declarer at the second table obviously assessed the situation more accurately than the declarer at the first table. He decided that West was an odds-on favorite to hold five diamonds rather than four, in which case he (South) could short-circuit the opposing communications by holding up on the first two rounds of the suit. He also realized that he didn’t need to score more than one diamond trick, since sufficient winners were available elsewhere.

It is rare for a declarer to intentionally hold himself to one trick in a suit where he starts out with two. But when the circumstances indicate that it is the right thing to do, declarer should be perfectly willing to make the sacrifice.

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by Steve Becker

The bidding:
North East South West
1 ♦ Dble Redble 1 ♦
Pass Pass 2 NT Pass
3 NT

Opening lead — five of diamonds.

The bidding by the opponents often helps declarer find the best line of play, as illustrated by this unusual case from a team-of-four match.

At the first table, West led a diamond against three notrump. Declarer took East’s king with the ace and played a club to the king, taken by East with the ace. East returned the nine of diamonds, covered by the ten, and West made a good play by letting the ten

Although ultraviolet-light shoe sanitizers exist, I’d recommend getting new footwear while trying to get rid of as much of the bacteria as possible.

DEAR DR. ROACH: My husband is 75. I am 68. Our family doctor says that our blood pressure average is fine at 140/80 with no medicine. We thought it should be 120/70, but

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids
Answer

Puzzles4Kids

by Helene Hovanec

CRISSCROSS – OLD-FASHIONED GIRL NAMES

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

ADA
EVA
MAY

4 Letters

ESME
LEAH
LUCY
TESS
VERA

5 Letters

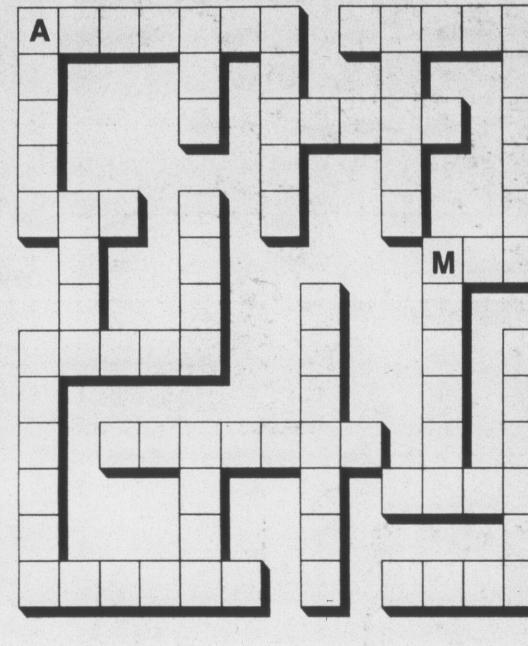
ANNIE
DAISY
DIXIE
EDITH
LYDIA
SELMA

6 Letters

AGATHA
AUDREY
BESSIE
DAHLIA
MAISIE

7 Letters

ABIGAIL
BELINDA
BRIDGET



Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Apple-Butterscotch Salad Is Fat-Free

October and Apples — a perfect match of the season. Yes, apples are available all year long, but there is something special about those crisp apples just picked from the trees during October harvest time. One bite of this scrumptious salad and you’ll be a believer for sure!

1 (4-serving) package sugar-free instant butterscotch pudding mix

2/3 cup nonfat dry milk powder

1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained

1/4 cup water

3/4 cup reduced-calorie whipped topping

1 teaspoon coconut extract

2 cups cored, unpeeled and diced Red Delicious apples

2 tablespoons flaked coconut

1. In a large bowl, combine dry pudding mix, dry milk powder, undrained pineapple and water. Mix well using a wire whisk.

2. Blend in whipped topping and coconut extract. Add apples. Mix well to combine. Fold in coconut.

3. Refrigerate for at least 15 minutes. Makes 6 (1/2 cup) servings.

• Each serving equals: 108 calories, 0g fat, 3g protein, 24g carb., 277mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch.

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1. What was B.B. King’s first No. 1 hit?

2. Who wrote and released “Too Late to Turn Back Now”?

3. Which Huey Lewis and the News song was used in the 1985 film “Back to the Future”?

4. What was the original title of “Karma Chameleon” meant to be?

5. Name the song that contains this lyric: “I know I’m losin’ you, I feel it all the time, And I know if I lose you, then I’ll lose my mind.”

Answers:

1. “Three O’Clock Blues,” in 1951. It stayed in that spot for five weeks. The song was originally released by singer-songwriter Lowell Fulson in 1946.

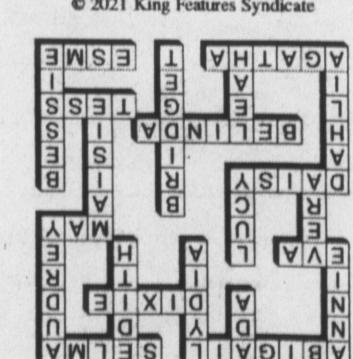
2. Cornelius Brothers & Sister Rose, in 1972. The song did better than their debut single, “Treat Her Like a Lady,” the previous year and was used in the 1997 film “The Ice Storm.”

3. “The Power of Love.” Lewis was approached to write a song for the movie and declined, saying he didn’t know how. He was told to write anything.

4. “Cameo Chameleon,” per Culture Club in 1983 interview.

5. “Lie to Me,” by Brook Benton, in 1962. The song, from Benton’s “Singing the Blues” album, went to No. 3 as a single.

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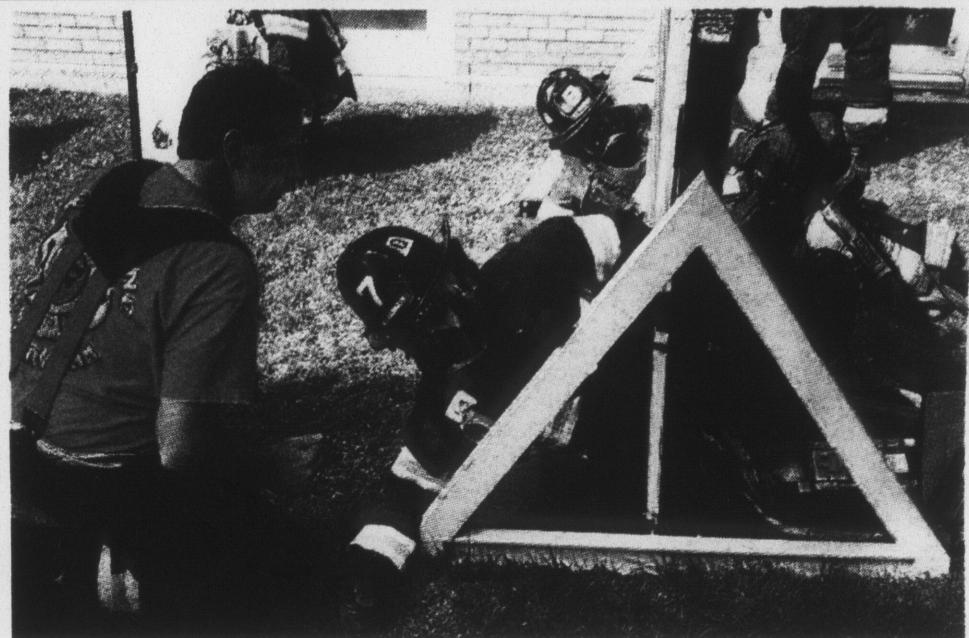
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QUINCY FIREFIGHTER John Killen blindly feels for a hoseline to guide him out of a "burning basement" as instructors watch.

Quincy Sun photos/Tom Gorman



INTERNATIONAL ASSOCIATION of Firefighters instructor Tom Heaney of the Rockland Fire Department, left, watches Quincy firefighter Austin Granger make his way through a small "window" during a training exercise.



WEARING A BLINDER over his air pack face shield, Quincy firefighter Evan Harrington feels for an opening to escape a "burning room."



FIREFIGHTER ANDREW MOCCIA makes his way out of a window with the assistance of firefighter Cody Daniels, right, during the Upper Floor Window Hang training.

Quincy Firefighters Undergo Survival Training

Cont'd From Page 11

wearing cumbersome air packs and full gear.

The training was funded through a grant. Quincy firefighters Gerry Murphy and Chris Murphy (not related) wrote the grant request last year to the International Association of Firefighters and was approved.

There were seven training instructors representing fire departments from the local area, around the country, and Canada that oversaw the program. They were Bill Pawluk of Lansing, Michigan, Kenny Hayes of Boston, Lionel Crowther of Winnipeg, Canada, Andy Ruiz of Los Angeles, California, Tom Heaney of Rockland, Gene Mahlstadt of FDNY (New York City), and Jeff Seaton of San Jose, California.

Hayes, one of the head instructors, explained the basement training scenario in the windowless former classroom converted to simulate a cellar filled with smoke. Overturned chairs represent debris from a ceiling collapse and dividers used to create a maze. The firefighter, in full gear, has a covering placed over his air pack face piece, creating a pitch-black environment he must escape.

After calling in the mayday, the firefighter, on his hands and knees, then feels

around for the firehose that was brought in from the outside. The goal is to use the hose as sort of breadcrumbs to safety.

"The hoseline is the life-line," Hayes said.

As the firefighter crawls, he must push debris out of his path while keeping his knees on either side of the hose and gliding his hands along the hoseline. At one point, he comes upon one of the hose couplings. By vertically feeling bumps on the coupling, he can tell he is going in the right direction.

"The couplings have a smooth section, then a bump, bump," said Hayes. "This gives direction to the firefighter that he can follow."

As the firefighter nears the exit, Hayes, who is constantly observing the training session, reaches in back of the air pack and shuts it off, unknowing to the firefighter. This is to help the firefighter learn how to deal with limited air without panicking while trying to rescue himself. The exercise also helps teach the firefighter to stay low to the ground where there is a bit less smoke.

A "rescue team," standing near the exit, calls out to the firefighter who follows their voice to safety.

The training not only provides distress training, but also for officers who

serve as incident command. In an adjacent room, two firefighters man the "command post" using a two-way radio keeping in constant contact with the trapped firefighter while directing a rescue team.

The International Association of Firefighters (IAFF) developed the Fire Ground Survival program in 2007 that provides training for Mayday prevention and rescue operations.

According to Hayes, actual incidents from firefighter fatality investigations conducted by government agencies were used to develop the program.

"We teach lessons learned so that it never happens again," he said.

One of the training exercises, the Upper Floor Exit Window Hang, was based on a January 2005 incident where two firefighters died and four injured when they were forced to escape the fourth floor of a burning building. The IAFF created a mockup of room with windows on a trailer where firefighters are taught techniques of how to safely escape an upper floor through a window and actually hang outside until help arrives.

Marks noted the firefighters will take what they learned back to their comrades.

"The newer and younger



QUINCY FIREFIGHTERS Evan Darcy, left, and Mike Granahan operate the Command Post, radioing instructions to a trapped firefighter and a rescue team during a Mayday training exercise.



QUINCY FIRE LIEUTENANT Matt Walsh climbs out of a window to escape a "burning room" during the Upper Floor Exit Window Hang training.

members of our job need to pay this forward and train other firefighters as they continue their careers," he said.

Fire officials say that a

firefighter Mayday call is Mayday call — the unthinkable moment when a fire fighter's personal safety is one of the most taxing.

"There is no other call more challenging to fire in imminent danger," states ground operations than a the IAFF website.

Update On Archeological Survey From Dorothy Quincy Homestead

Last week the team from The Public Archaeology Laboratory, Inc. (PAL)

under the direction of the principal investigator/senior historical archaeologist,

Kristen Heitert, commenced the archaeological survey on the grounds of Dorothy

Quincy Homestead. Their exploration centers around the foundation and site of the 1635 Edmund Quincy I house that once stood on the property, however, the scope of the project includes

any remnants or artifacts of historical significance found.

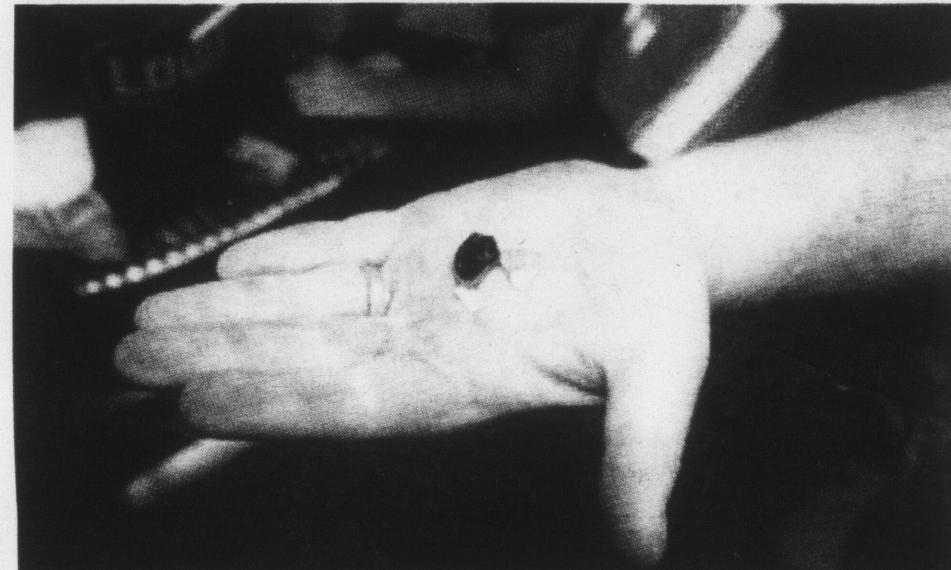
The lead project archaeologist, John Kelly, is onsite assisted by Ana Opishinski, Andrew Polta and Jennifer Bannister. Thus far, the team has unearthed several pieces of ceramics. Their work at the Homestead will continue Monday-Friday through Oct. 8th.



CERAMIC ARTIFACT unearthed Sept. 30 on the grounds of the Dorothy Quincy Homestead.



SHOWN HERE are PAL Team members: Ana Opishinski, John Kelly, Andrew Polta and Jennifer Bannister. John Kelly is the team's lead archeologist.



OTHER CERAMIC ARTIFACTS found Sept. 27 at the Dorothy Quincy Homestead. The archaeological survey on the grounds of homestead continue this week.

QC Running Club Second Place Finish



THE QUINCY COLLEGE running club recorded a second-place finish in the annual Travis J. Fuller Invitational, sponsored by the Massachusetts Maritime Academy and run along the Cape Cod Canal Trail on Sept. 24. Flanking Quincy College President Dr. Richard DeCristofaro (left) and Athletic Director Jack Raymer (far right) are Andrew Kane, an accounting major from Marshfield; Gianpiero Derito, a natural sciences major from Quincy; and Stanislaus Miklastewki, a business major from Plainville.

Photo Courtesy Quincy College

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